Patient Profile

Jose
TYPE 2 DIABETES

Jose, now 52 was diagnosed with Type 2 diabetes in his mid-40s. As an IT professional he often travels for work, living out of hotels and eating at restaurants for almost every meal. While he has become much more mindful of the impact of his work life on his health, he still alternates between periods of fairly good control and poor control. Poor control is usually precipitated by work stress, which ties directly to "life on the road." In that context he is largely sedentary and watches television to pass the time. His diet shifts toward starchier, fattier foods - these are the kinds of foods he rationalizes eating through the ideas that 1) he is at the mercy of what is available at restaurants near his hotels, and better food choices can be hard to find, and 2) he deserves to enjoy his favorite foods after putting in difficult, 12-hour workdays. His relationship with his doctor has suffered, as Jose often skips doctor visits because he is "too busy with work and travel" and thinks that visiting the doctor has become somewhat pointless - "the doctor keeps telling me to do the same things, but nothing really seems to make a difference." Jose's doctor struggles to trust him because Jose restricts what he reports; while he admits some of his difficulties with maintaining a healthy diet and exercising, he generally tends to over-report positive actions and under-report negative ones, fearing that the doctor will chastise him, and that his insurance company may refuse to pay for some services.

MEDICAL HISTORY

Name	Jose		Notes
	Good control	**Poor control**	
Age	52		
Gender	male		
Race	-		
Diabetes Type	T2		
Years since diagnosed	7 yrs		
Basal Insulin	long-acting insulin		
Basal Injection method	prefilled injection pen		Vial and syringe, disposable injection pen, durable injection pen, pump, etc
Bolus insulin	na		
Bolus injection method	na		Vial and syringe, disposable injection pen, durable injection pen, pump, etc
Height	5"8'		
Weight	200	220	
eA1c	6.8	7.7	
BMI	30	30.4	
Blood glucose tracking device	BGM	BGM	BGM (blood glucose meter), CGM (continuous glucose monitor)
Comorbidities	hypertension	hypertension	Especially those that effect life with diabetes
Other Medications	BP meds	BP meds	Can effect pharmacokinetics

PATIENT QUESTIONNAIRE

Questions	Good control	Poor control	Notes
Job / Career	outside sales		
Immediate Family	3 adult children		
Tech Savvy	high		Low: maybe mobile phone, not smartphone, may text. Medium: has smartphone, uses a few apps such as weather, news, navigation, texts, photos High: regular multiple app use, connected devices, mobile pay, active social media, etc
Pets	na		
Hobbies	walking	poker, watching television	None, low, moderate, high
Average Fitness level	low	none	Bad, neutral, good
Diabetes friendly diet?	neutral	bad	None, occasional, regularly, excessive
Alcohol	occasional	regularly	None, occasional, regularly, excessive
Tobacco	none	none	Low, moderate, high knowledge of diabetes and how it effects his body and habits
Disease Education	moderate	moderate	Excellent, above average, average, below average
Social support system	average	average	Excellent, above average, average, below average
Motivation and adherence	average	below average	Excellent, above average, average, below average
Overall Health Status	average	below average	Low, medium, high
Stress level	high	medium	Low, medium, high
Mood	moderate anxiety	moderate anxiety	
Access to Care	average	average	Excellent, above average, average, below average (Insurance, ability to pay, premiums, coverage, co-pays, deductible, proximity to HCP, time for appointments, GP, NP, GP?)