



**Katie**  
TYPE 1 DIABETES

Katie, 28, was diagnosed with Type 1 Diabetes at age 13. Most of the time she is able to maintain good control, and has yet to suffer any serious complications from diabetes. However, from time to time she cycles into a state of reduced control. Typically the cycle begins after her weight has increased slowly to a tipping point where she is unhappy with the way she looks. She blames insulin for weight gain, and will incrementally reduce the amount she uses as part of an attempt to lose weight. This is a difficult cycle for her as she knowingly trades off one objective (good control) with another (positive body image). During her periods of reduced control some of her habits become better, because she is trying to mitigate the reduction in insulin; she may eat a bit better, and exercise a bit more, which also help her get back to a weight she is comfortable with. When she gets to a weight which she finds acceptable, more regular, correct insulin use returns.

## MEDICAL HISTORY

Name	Katie		Notes
	Good control	Poor control	
Age	28		
Gender	female		
Race	-		
Diabetes Type	T1		
Years since diagnosed	15 yrs		diagnosed at 13 yrs old
Basal Insulin	long-acting insulin		
Basal injection method	prefilled injection pen		Vial and syringe, disposable injection pen, durable injection pen, pump, etc
Bolus Insulin	short-acting insulin		
Bolus injection method	prefilled injection pen		Vial and syringe, disposable injection pen, durable injection pen, pump, etc
Height	5"5'		
Weight	150	135	
eA1c	7.1	6.5	
BMI	25	22.5	Poor control; in control. Generated from online calculators to derive this number from ht and wt.
Blood glucose tracking device	CGM	CGM	BGM (blood glucose meter), CGM (continuous glucose monitor)
Comorbidities	na	na	Especially those that effect life with diabetes
Other Medications	na	na	Can effect pharmacokinetics

# Patient Profile



## PATIENT QUESTIONNAIRE

Questions			Notes
	Good control	Poor control	
<b>Job / Career</b>	marketing		
<b>Immediate Family</b>	0		
<b>Tech Savvy</b>	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
<b>Pets</b>	cat		
<b>Hobbies</b>	swimming	swimming, biking	
<b>Average Fitness level</b>	low	moderate	None, low, moderate, high
<b>Diabetes friendly diet?</b>	good	good	Bad, neutral, good
<b>Alcohol</b>	occasional	occasional	None, occasional, regularly, excessive
<b>Tobacco</b>	none	none	None, occasional, regularly, excessive
<b>Disease Education</b>	high	high	Low, medium, high
<b>Social support system</b>	above average	above average	Excellent, above average, average, below average
<b>Motivation and adherence</b>	average	average	Excellent, above average, average, below average
<b>Overall Health Status</b>	above average	above average	Excellent, above average, average, below average
<b>Stress level</b>	medium	medium	Low, medium, high
<b>Mood</b>	mild anxiety	mild anxiety	
<b>Access to Care</b>	above average	above 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?)