

PACER Module 4: Self-Management

Case Study

Patient History

Kim Jones is a 56 year old female coming to the clinic today with concerns about her diabetes (her blood sugars have been higher than normal). She is also being treated for hypertension. Blood pressure today is 168/102. Her typical BP runs 140/86. She completed lab work prior to coming in today and her HbA1c is 8.6. Blood sugars at home are usually 120-160, but they have been trending upwards to the 180-225 range. She is concerned about the increasing blood sugar but is unaware of her increasing blood pressure. She often “grabs food on the go” due to the late hours she has been working and the responsibility of providing care for her mother, who lives with her and has dementia.

Medications

- Metformin 1,000 mg BID
- Lisinopril 20 mg QD
- Lipitor 20 mg QD

Past/Present Medical History

- Hypertension – diagnosed 15 years ago.
- Diabetes – diagnosed 8 years ago – has been well controlled on the Metformin.
- Hyperlipidemia
- Allergies - None

Social History

- Tobacco: none ever
- Alcohol: She occasionally has a glass of wine in the evening, but limited lately due to increased responsibilities.
- Drugs: none ever
- Work: She is an administrative assistant for a local insurance agency.
- Marriage: She has been married since she was 25 to the same man.
- Living Situation: She lives with her husband and her mother. She has an aging dog and a cat.

Family History

- Her mother has dementia as noted above.
- Her father died as a result of a heart attack approx. 10 years ago.
- She is the eldest of 4 siblings; two brothers live nearby and 1 brother lives out of state

Initial Role Play

- **If the student jumps too quickly to recommend things that you should do (e.g., get home health started for your mother, ask your local brothers for help, call the Alzheimer's association, etc.), you should become increasingly resistant (give reasons why the suggestions won't work or that you don't like the idea). You do not want someone else in your home. You also believe that since you are the eldest child, it is your responsibility to take care of your mother and your brothers really don't seem to want to help (other than your out-of-state brother liking to tell you what to do). Your brothers also think that you shouldn't allow anyone else to care for your mother. You are worried about how home health workers would treat your mother and not do as well with her as you do. Your husband works hard at his job and he has never gotten along with your mother very well.**

Subsequent Role Play

- **If the student is eliciting from you what is important to you regarding your mother, and your own health, be cooperative with thinking about and coming up with changes you might be able to make to help the situation (e.g., re-negotiating household responsibilities with your husband, giving home health care a try, asking your local brothers to take some "shifts" with your mother, etc.).**