

# Diabetes

**Key tips to coach a patient on managing diabetes. Try to direct the conversation to match the patient's goals and desired outcome.**

## Lifestyle management: Help the patient focus

- What is one health behavior you have struggled with to make lasting change? Why?
- Would it be okay if we talk a little more about your medication, food choices, physical activity, and blood glucose monitoring and how they can work together to manage your diabetes?

## Diet and activity assessment: Help set a goal

The American Diabetes Association recommends using healthful ingredients and cooking techniques and planning your meals to help you manage your diabetes.

- Are you familiar with how carbohydrates in foods can affect your blood glucose level? Would it be helpful to have more

information about carbohydrates in foods so you can make informed choices?

- Did you know that no food is really off-limits? If you manage your portion size and count your carbohydrates you can still enjoy many of your favorite foods. Would it be helpful to review some of your favorite foods together to make some adjustments?

The ADA also recommends short periods of movement every 30 minutes.

- What physical activities do you enjoy or currently do today?
- Would you like me to suggest a few activity choices or enhancements to your current activities so you can decide what works best for you?

## Blood glucose monitoring

- Would it be okay if we talked about how often you check your blood sugar level and at what time of the day?
- Tell me about your biggest challenge with testing your blood sugar.
- Would you like me to provide you with a recommended testing schedule so you can see how your medication, exercise and food choices affect your glucose level and how you feel?
- Would you be open to keeping a log of your diet and physical activities to help you stay focused?



End consultation by extending an invitation to call or visit again with any concerns.