

## SETTING

General Practice

## PATIENT

You are 60 years old and have recently retired. You have just been diagnosed with type 2 diabetes. You have been referred to the dietitian to get dietary advice following this diagnosis.

## TASK

- Say your doctor referred you for dietary advice after the diagnosis, but you aren't really sure why, as you think you eat well and are quite healthy.
- Say you generally eat quite well, but you do have a sweet tooth. Admit you drink alcohol every day and have put on weight recently. Say you go for a walk once a week, so get a little bit of exercise.
- Say you eat three meals a day, which mostly consist of red meat and carbohydrates. You snack between meals but do also eat fruit.
- Ask if following the diet can reverse your diabetes.
- Say you think you are going to struggle to think about a healthy diet as well as taking medication and remembering GP appointments.
- Agree to try and make some dietary changes and increase exercise, and to come back in one month.

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General Practice

## DIETITIAN

You see a 60-year-old patient who recently retired. He/she has just been diagnosed with type 2 diabetes and has been referred to get dietary advice following this diagnosis. You recommend dietary changes and weight loss.

## TASK

- Confirm the reason for the patient's referral (dietary advice following type 2 diabetes diagnosis).
- Explore the patient's lifestyle (e.g., food/alcohol intake, exercise, etc.).
- Find out more detail about the patient's diet (e.g., carbohydrates, meat, fruit and vegetables, processed food, etc.).
- Give information about a suitable diet for type 2 diabetics (e.g., healthy carbohydrates/fats, less added sugar/salt, small portions, etc.).
- Explain the benefits of a healthy diet for diabetes (reach/hold normal blood sugar levels without medication, etc.). Stress the importance of weight loss in diabetes management (e.g., manage blood pressure/cholesterol, prevent further complications such as heart problems, stroke, etc.).
- Advise on strategies for dietary changes (e.g., realistic/achievable goals, etc.). Recommend a follow-up appointment in one month.