**Report on Diabetes Management Interview**

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Title of the Course:

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**Introduction:**

According to Cleveland Clinic (2023) diabetes makes the body either create insufficient amounts of insulin or use it incorrectly. When there is not enough insulin produced or when cells stop responding to insulin, high blood sugar levels persist in the bloodstream. High blood glucose is what causes all types of diabetes. However, depending on the kind of diabetes that someone has and its underlying causes, the reason for high levels of blood glucose in persons differs**.**

**Diabetic causes include:**

1. Insulin resistance: Type 2 diabetes is greatly influenced by the body's ability to reject insulin. According to Cleveland Clinic (2023), this occurs when the muscle tissues, lipids, which are and cell membranes of the body don't respond to insulin as they ought to. Numerous conditions and diseases, such as obesity, inactivity, poor diet, hormonal imbalances, inheritance, and some medications, can result in insulin resistance.
2. 2. Autoimmune disorders: Type 1 diabetes arises when the body's defense system eliminates the insulin-producing pancreatic cells.
3. Unbalanced hormones: According to Cleveland Clinic (2023) the placenta produces hormones throughout pregnancy, This causes diabetes-related insulin resistance. You may have gestational diabetes if your pancreas is unable to produce sufficient insulin to compensate for insulin resistance.
4. Pancreatic damage: A medical issue, surgery, or injury may reduce the pancreas's ability to make insulin, resulting in Type 3c diabetes.
5. Genetic defects: The mutations can cause newborn diabetes
6. Prolonged administration of some medications: Long-term drugs such as anti-HIV /AIDS can cause Type 2 diabetes (Cleveland Clinic2023).

**The following are three basic types of diabetes:**

1. As stated by Cleveland Clinic (2023). Type 1 diabetes is thought to be caused by an unintended antibody response in which the body battles itself. Therefore, this reaction halts the body's manufacturing of insulin. Symptoms of type 1 diabetes typically strike suddenly. It is typically found in young people, adolescents, and young adults.
2. Type 2 diabetes makes it difficult for the body to effectively use insulin and prevents it from maintaining adequate blood sugar levels. Adults are often diagnosed with it since it typically takes years to develop. Changes to a healthy lifestyle can either postpone or stop the development of type 2 diabetes.
3. Gestational diabetes is a form of diabetes that appears during pregnancy in pregnant mothers who weren't previously diagnosed with the disease. Cleveland Clinic (2023) explains that if a woman has gestational diabetes, her unborn child may be more inclined to health issues. Once the baby is born, gestational diabetes typically disappears.

**Summary of Interview:**

The chance to establish a personal connection while having a professional dialogue is provided by interviews. The interview lasted for two hours. It occurred in a pleasant, confidential, and soothing setting that encouraged candid conversation between the patient and the interviewer. Despite the limited time available, we covered various topics, including how the diabetic body functions, the causes of diabetes, the different types of diabetics, the different components of their diabetes treatment, and potential strategies to enhance their general well-being.

The patient asked for advice on managing their diabetes properly and voiced worries about their current lifestyle choices. It's possible that the patient won't suddenly become proficient at managing their diabetes. But with time, they can learn how to transition from completing it to accepting it. I cannot give specific advice because it is outside my practice's scope, but I can make some broad suggestions to help them manage their diabetes and lower other risk factors. I suggest that we conduct another session to talk about how the patient is handling their diabetes after this interview.

**The interview proceeded like this:**

**Interviewer:** Happy morning! I appreciate you being here today. I am here to talk about how to effectively manage your diabetes since I am aware that you're dealing with it. Could you briefly describe your experience dealing with diabetes and how it has affected your life?

**Patient:** Happy morning too. I have had diabetes for the past five years, type 2. So yes. In many ways, it has undoubtedly altered my life. I have to watch what I eat, check my blood glucose levels frequently, and take my medication exactly as directed. Balancing my regular schedule while maintaining a healthy blood sugar level might be difficult.

**Interviewer:** I can see how managing your diabetes on a regular schedule could be quite difficult. Have you encountered any particular obstacles or problems handling your condition?

**Patient:** Absolutely! Maintaining a regular diet and exercise routine is one of my major challenges. It can be challenging to put up a fight against cravings or find the drive to work out frequently. It can also be difficult to grasp how specific foods or activities affect my blood sugar levels. It frequently seems like a never-ending juggling act.

**Interviewer:** These are typical difficulties that many people with diabetes have. But some tactics might make the managing process easier. A balanced diet is one important component. Have you been given any advice on your food preferences?

**Patient:** Yes, my doctor has given me a few generic recommendations, but I'd rather have more detailed advice. Choosing food can be difficult at times. It can be not easy to decide what to eat, particularly if it pertains to carbohydrates, because they have a direct impact on my blood sugar levels.

**Interviewer:** I recognize your worries. Whenever it comes to dieting, the foundation of a healthy life, whether or not one has diabetes, is proper nutrition. A balanced, healthful diet is essential for managing diabetes. One must understand how foods impact blood sugar levels if one has diabetes. Additionally, as Mayo Clinic (2022) states, not only is it what you eat, but also the amount you consume and the arrangements of different foods you consume.

For example, learn about portion control and counting carbohydrates. Learning how to measure carbohydrates is a crucial component of many diabetes control strategies. Frequently, carbohydrates have the most effect on blood sugar levels. On the other hand, people who use mealtime insulin must be aware of the number of carbohydrates in their diet to receive the correct insulin dosage (Mayo Clinic, 2022). Find out the proper serving size for each type of food. You can make meal planning easier by noting the serving sizes for foods you eat frequently. One can use metric cups or a scale to guarantee adequate portion size and a precise carbohydrate count.

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**I would also suggest the following for a more individualized approach to treating your diabetes**

1. Consume various nutritious meals, such as fresh produce, whole grains, lean meats, and healthy fats. Spend some time cooking. Sitting at the drive-through will not, in any case, save you any time. Also, as suggested by the Centers for Disease Control and Prevention. (2022), find inexpensive and simple recipes to prepare online. You'll want to eat from the pan straight away since many are so excellent.
2. Keeping an eye on your carbohydrate consumption and choosing complex carbs with a low digestibility index. Additionally, see to it that the rest of the family consumes the same food. Everyone should eat healthfully.
3. Avoid or consume processed meals, sweetened beverages, and salty snacks in moderation. This is because beverages with added sugar often have a high-calorie content and provide few nutrients (Centers for Disease Control and Prevention 2022). It's advisable to avoid them because they encourage blood sugar to increase quickly. If you have diabetes, staying away from these drinks is advised. Instead, record your meals and snacks in writing or with images. This tip increases awareness of every bite they take and aids in self-control.
4. Exercising portion control and attentive eating would preserve a healthy weight. Lastly, vegetables are always a good choice. Learn how to make them taste amazing by taking a free digital cooking course. Making decisions about sugars, portions, and general nutrition may become simpler.

**Patient:** That seems useful. I'll undoubtedly seek professional advice to comprehend my nutritional requirements. Are any more tactics that could help me better control my diabetes?

**Interviewer**: Certainly! These suggestions will give you a thorough picture of your diabetes disease management.

They consist of the following:

**Frequent Physical Activity**: According to Mayo Clinic (2022), exercise is still one of the finest and most affordable techniques for controlling diabetes. Regular exercise improves the way your body uses insulin. The body's blood sugar levels are reduced by these components. With increasing exercise intensity, the impact lasts longer. However, even routine activities like yard work, gardening, or prolonged standing could cause your blood sugar to drop. For people with diabetes, participating in routine physical activity has several advantages. At the same time, the specific fitness program should be chosen after consulting a healthcare provider.

**Several suggestions are as follows:**

1. According to Centers for Disease Control and Prevention. (2022), It is essential to have approximately 150 minutes or more per week of moderately intense aerobic activity, such as vigorously walking, bicycle riding, or swimming.
2. Another thing I'd recommend is working out with a pal. Since you won't want to disappoint them, one is more inclined to persevere.
3. Perform cardiovascular workouts at least twice per week. Centers for Disease Control and Prevention. (2022) explains that to strengthen your muscles and increase your insulin sensitivity, I suggest you use an activity tracker to become more disciplined. Many of the free apps, thus, watching your steps increase is a great motivator.
4. To make training more pleasurable and enduring, consider including hobbies they enjoy, such as dancing, trekking, or playing a sport. It's also important to watch all the internet fitness videos. Everybody can find something to enjoy, regardless of fitness level. Lastly, check blood glucose levels before, during, and after physical activity and make corrections as needed (Centers for Disease Control and Prevention, 2022).

**Patient:**  That sounds like it might be advantageous. Real-time data availability and the ability to monitor everything in one location would be incredibly beneficial. Do you have any more advice or tips for managing diabetes? Particularly my mediation

**Interviewer:** Without a doubt. Besides utilizing technology and diet, contacting your medical professionals is crucial. They can help you manage, make necessary prescription changes, and offer continuous support. Regarding medication and monitoring: Insulin and other diabetic drugs work to lower the amount of sugar in the blood when diet and exercise are insufficient to control diabetes on their own. However, when and how many medications are taken will determine their efficacy.

According to Mayo Clinic (2022), the glucose level in your blood may be impacted by medicines you take for illnesses other than diabetes. As directed by the healthcare practitioner, monitor the blood glucose level and follow the medication schedule provided. For instance, it is correctly storing insulin. Insulin that has been incorrectly stored or is outdated may not work as intended. Again insulin is particularly susceptible to temperature extremes. Regular check-ups and meetings with medical experts are crucial for monitoring progress, making any drug adjustments, and treating any issues

**Patient:** I appreciate you taking the time to remind me to manage my medications consistently and to follow the doctor's recommendations for medication. I also have a bigger problem than medication, which is stress management. I sometimes find it difficult to restrain myself when I am under stress.

**Interviewer**: Okay, stress management and self-care should be given priority because they can affect blood sugar levels. When someone is stressed, their body may create hormones that lead to an increase in blood sugar. Additionally, Mayo Clinic (2022) states that if one encounters a lot of additional stress, it could be more difficult to adhere to the typical diabetes management schedule properly. Thus it’s important to integrate relaxation exercises, deep breathing techniques, and other stress-reduction strategies.

Also, you can seek assistance. Engaging a psychologist may assist a person in identifying stressors, resolving stressful issues, or learning new coping mechanisms. You might also call or arrange to meet up with a supportive acquaintance. Knowing more about the variables that affect the blood sugar level will help you anticipate changes and make informed plans.

**Interviewer:** I will also add sleep management, which can cause stress.

I understand that getting a good night's rest can seem like a luxury. But according to Sousa & Kalra (2017), if you have diabetes, not getting enough sleep hurts all aspects of the disease's management. In managing diabetes and maintaining overall health, adequate sleep is essential. I would advise you to keep a regular sleep schedule, establish a soothing nighttime routine, and ensure your bedroom is comfortable for sound sleep, according to the Centers for Disease Control and Prevention. (2022) One of the most effective things you can do to ensure you regularly get enough good sleep is to wake up and retire at roughly the same time each day, especially on weekends.

**The following tips can also help with maintaining a functional sleep pattern**

1. As suggested by the Centers for Disease Control and Prevention. (2022), keep your bedroom cold, quiet, dark, and pleasant. For the best sleep, experts advise an ambient temperature of approximately 65 degrees.
2. Remove all electronics from the bedroom, including TVs, computers, and smartphones.
3. Get some exercise during the day.
4. Before going to bed, rest your mind.
5. Establish a bedtime routine that includes showers, reading, and journaling.
6. Go to bed only when you feel exhausted.

**Interviewer:** Lastly, I would emphasize that creating a solid support system can be very helpful in managing diabetes. Remember that you're not alone, celebrate your victories, and take lessons from setbacks. Thus I would encourage you to look for help from loved ones, friends, or support organizations where they can exchange experiences, get new perspectives, and receive emotional support. There are online networks and support groups where you can meet people going through similar struggles (Nouhjah & Jahanfar, 2020).

**Patient:** I appreciate your advice. I'll make it a point to contact my medical team and prioritize self-care. With these recommendations, managing diabetes appears less challenging. Are there any more points you would like to make?

**Interviewer:** I'm happy the advice was useful to you. Remember that handling diabetes is a lifetime process, so it's important to have patience with yourself. Thus you may effectively control your diabetes and lead a satisfying life if you have the necessary resources, information, and assistance.

**Conclusion**

Awareness is necessary for managing diabetes. Understanding what influences one's blood sugar levels and how to manage these daily aspects is important. Patients require appropriate instructions to minimize diabetes complications, particularly in light of the COVID pandemic. These tactics may help diabetic patients' burdens in the current emergency to some extent and may help minimize the consequences of a diabetic patient's lack of care.

Our wise actions in providing such recommendations will determine how much lower the rate of death and morbidity for diabetic people will be in the future. However, it is crucial to remember that these suggestions, like correct diets, maintaining a healthy weight, and stress management, are broad and shouldn't replace specific medical advice from qualified doctors. Therefore, I would advise my interviewee or patient to speak with their healthcare team, including physicians, dietitians, and diabetes educators. These professionals may offer individualized advice and support based on their needs.

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