**INTERVIEW SUMMARY**

NAME OF INTERVIEWEE: Mr. Patrick Johnson

AGE: 56 years

DATE OF INTERVIEW: 17/11/2023

INTRODUCTION:

During a two-hour interview, Mr. Patrick Johnson, a 56-year-old African-American male living in New York, shared his experience with Type 2 diabetes and how it impacts his day-to-day life. The interview shed light on his journey with the disease and the challenges he faces with his diagnosis.

DIAGNOSIS AND MEDICAL HISTORY

Mr. Patrick was diagnosed with type 2 diabetes 10 years ago upon his retirement from public office from a good health status, his early symptoms were a variety of body changes and overall health decline characterized by –

* Frequent hunger and fatigue
* Urinating more often and prolonged thirst.
* Dry mouth and itchy skin
* Blurred vision

This progressed over time to more dire symptoms like

* Yeast infection between fingers and toes and in and around sexual organs
* Slow-healing sores and cuts
* Pain or numbness on his feet and hands as a result of nerve damage
* Patches of darker skin.

DAILY MANAGEMENT

Mr. Patrick was immediately placed on diabetes control medication and intensively educated on the prospect of how his life was going to change.

The standard objective advised was to keep his blood sugar levels within the recommended range as many factors can affect blood sugar levels.

He was further educated on using modern self-testing kits that monitor sugar levels in a patient's day-to-day life.

Medication adherence, dietary considerations, and physical activity were also addressed. He was immediately prescribed Novolog insulin shots and a blood sugar monitoring device was issued.

CHALLENGES FACED

MR Patrick was faced with a number of challenges at the onset as his overall life had to drastically change. These included

* Learning about carbohydrate counting and portion sizes as carbohydrates have the biggest impact on blood sugar levels. The use of measuring cups or a scale was advised to ensure proper portion size and accurate carbohydrate count.
* Preparing a well-balanced meal on a daily basis, for every meal to have a good mix of starches, fruits, vegetables, proteins, and fats while paying attention to the type of carbohydrates taken.
* Coordination of meals and medication schedules as too little food in proportion to diabetes medication may result in dangerously low blood sugar levels, hypoglycemia while too much food may cause blood sugar levels to climb to high, hyperglycemia
* Avoiding sugar-sweetened beverages as they tend to be high in caloric count and provide little nutritional benefit as Mr. Patrick's case did not require as he experienced high blood sugar levels.

HEALTH CARE ENGAGEMENTS

Mr. Johnson actively participated with his assigned healthcare professionals in managing his condition. He engaged in doctors-led awareness appointments to further understand his condition and potential complications.

He was an active participant in the decision-making process regarding his treatment plan and personalized care plans that considered his lifestyle, preferences, and cultural background.

He acknowledged the psychological and emotional aspects of living with a chronic condition and integrated mental health support into Diabetes care addressing Diabetes’s distress and depression.

He also committed to regular follow-up sessions with his doctors to assess progress and make any necessary changes to his treatment plan.

He also actively worked with healthcare professionals to develop realistic and sustainable lifestyle modifications and frequent use of telehealth options when needed to increase his accessibility to his doctors

SUPPORT SYSTEM

Mr. Jackson had patient-centered care aligned with components of the chronic care model to ensure productive interactions between a prepared proactive support system that incorporated community and family involvement and support tools that meet his needs. These included-

* Family involvement, who were well educated on diabetes type 2 and its management and the emotional aspects involved.
* Access to patient education programs that covered all parameters of the condition including self-care, nutrition, and medication management.
* Peer group engagement programs where individuals with diabetes can connect with other patients who provide guidance and support. This is effective as it helps patients navigate the daily challenges of diabetes management.
* Financial assistance programs that helped Mr. Jackson navigate medical insurance coverage and access available resources such as medication and all-around healthcare services.
* Mental health support services such as counseling were also availed to help him cope with the stress and emotional challenges associated with diabetes.
* Accessibility to understandable educational materials in various formats such as pamphlets, videos, and online resources to educate himself further on the condition.
* Remote monitoring also made it easier and more efficient for remote consultations and check-ins for him to access support as well as using remote monitoring technology to track key health indicators and provide timely feedback.

RECOMMENDATIONS

* Regular physical activity such as walking, cycling or other exercises specifically tailored by a personal doctor as most adults should get at least 150 minutes a week of moderate aerobic activity aimed at about 30 minutes of moderate activity most days of the week.
* Adopting healthy eating habits and a nutritious diet focusing on whole foods, including fruits, vegetables, lean proteins, and whole grains while still monitoring portion sizes and carbohydrate intake.
* Educating oneself and staying informed about the latest developments in diabetes management and evolving treatment options.
* Regular medical checkups to monitor blood glucose levels, blood pressure, cholesterol, and overall health and take the opportunity to discuss any concerns or changes in your condition.
* It is important to recognize the impact of stress on blood glucose levels and overall well-being. Therefore, it is recommended to practice stress-reducing techniques such as meditation, deep breathing, or yoga.
* Weight management should be achieved by following a well-balanced diet and engaging in regular physical activity under the guidance of a healthcare provider.
* Community support is also advised as this facilitates connection with support groups in communities of other diabetic individuals to share experiences, tips, and emotional support with others facing similar challenges.

CONCLUSION

To sum up, managing type 2 diabetes can be a challenging and lifelong journey that demands a comprehensive and patient-centered approach. It entails more than just medical interventions and heavily relies on empowering individuals, creating a supportive environment, and fostering a collaborative relationship between patients and healthcare providers.

A holistic approach is essential to attain optimal health outcomes and enhance the overall quality of life for individuals living with type 2 diabetes.