



## Case Information for Candidates

### **Situation**

Mrs Brown is a 47 year old woman who was diagnosed with type 2 diabetes five years ago as a result of a routine blood test. Her diabetes is managed by diet, although it is 18 months since her last review and she has gained 3kg in weight since then. Previously her weight had been in the healthy weight range. Her general medical practitioner has referred her to you for dietary management. He says she is very anxious about ending up like her mother and uncle who both have diabetes with many complications.

### **Social history**

Mrs Brown is married with four children (10-18 years old). Her husband (who is overweight) manages a retail business. In the last two years Mrs Brown has been working in the business doing the book-keeping. She plays golf one day per week. But her main interests and focus are on the family. She does most of the cooking and household chores. Her husband works 10 hours per day and does not give much family support.

### **Family history**

Her mother has insulin requiring type 2 diabetes with retinopathy, whilst her maternal uncle has type 2 diabetes and is on oral diabetes medication. Her uncle has recently had a below the knee amputation because of diabetes. Neither her mother nor her uncle had much contact with dietitians. Her father died of a heart attack at 60 years of age.

### **Diet history**

Mrs Brown has brought a three day diet record with her. Her typical daily intake is outlined on the attached sheet.

### Typical daily dietary intake of Mrs Brown.

Breakfast:	1 cup cornflakes with milk and 1 teaspoon sugar 2 slices white toast with margarine Tea with milk and no sugar
Mid-morning	2 plain sweet biscuits Tea with milk and no sugar
Lunch	1 cheese or meat or egg sandwich (2 slices bread) 1 piece fruit 250ml orange juice
Mid-afternoon	1 piece iced or fruit cake Tea with milk and no sugar
Pre-dinner	Peanuts Diet coke
Dinner	1 medium-sized fried steak (120g) or 2 sausages or roast chicken Fried potato chips or mashed potato or white rice Boiled carrots and beans 1 slice white bread and margarine Fruit and cream or ice cream 2 glasses (120ml) white wine
Supper	Coffee with milk and no sugar 2 cracker biscuits with cheese
Extras	Likes potato crisps, boiled diabetic lollies, occasional diabetic chocolate while watching TV at night. Take-away meal (pizza or Chinese) on Friday nights

## Instructions for Candidate

There will be two examiners. One will act as the moderator who will explain the procedures as the examination progresses. The other examiner will role-play 'Mrs Brown'.

There will be some initial warm up discussion and briefing, followed by a role-play between the candidate and the second assessor. The role-play will involve input from both the candidate (the dietitian) and 'Mrs Brown'.

The candidate should commence the session by inviting the client (second assessor) into the interview room. The interview should flow in the same way a regular counselling session between a dietitian and client would be conducted.

The assessor will only interrupt if you are running significantly overtime, at which point in time he/she will ask how you would like to end the session with your client.

## Sample role play scenario

The candidate should commence the interview on arrival of the patient (examiner) into the clinic room. This should involve the following steps:

### 1. Introduction

Hello Mrs Brown, I am Suzie Smith, the Dietitian. How are you today? I understand from your doctor referral, that you are here today for some advice about managing your Type Two Diabetes. Perhaps you could tell me a little more about what you want to get out of today's session?

*Mrs Brown responds. The candidate seeks further clarification if necessary. The candidate would be expected to summarise the problem as described by Mrs Brown.*

Before we get started I would like to provide an outline of what you can expect from today's session. Initial appointments usually take 45 minutes to complete. I will be asking questions about your medical history, medications, blood glucose levels, your normal eating patterns and physical activity levels. I will then run through some information about diabetes and how diet can help to manage the condition. After this we can work together to set some goals. Do you have any questions before we get started?

*Candidate should address any questions Mrs Brown asks.*

### 2. Assessment

*Candidate can proceed to ask initial questions about medical history, biochemistry, physical activity, social history, etc. Mrs Brown has brought in a three day food diary. Candidate should thank client for bringing this in and use this time to ask any further dietary questions or to clarify any information on the supplied diet history.*

### 3. Education/ Nutrition Counselling

Mrs Brown, I know that you have lived with diabetes for the past five years, but has the doctor explained what diabetes actually is?

*Candidates should listen to Mrs Brown's understanding of diabetes. If necessary provide a brief education of what diabetes is and what issues there are from a dietary perspective. This could include education about how carbohydrates raise blood glucose levels. Also discuss the importance of carbohydrate distribution and how this can help to control blood glucose levels. Candidate can mention the written material that they would normally provide for Mrs Brown to take home.*

Now what I would like to do is have a look at your food diary together to see if we can make any changes that will help to manage your diabetes.

*Candidate could run through the food diary with Mrs Brown and discuss areas that could be improved.*

As you can see there are a few areas that we can work on. Every small change will help, and it is best to set smaller goals at first. If you try to change everything in the first week, this can be quite challenging and overwhelming. I think it is best if we can choose two to three things to work on in the beginning. From what we have discussed today, and from your previous knowledge of diabetes, what kind of changes would you like to make?

*Candidate should allow Mrs Brown time to think about some goals to work on, and help guide her decision if necessary. Candidate should get Mrs Brown to write down her goals to take home with her.*

Some example goals could be:

- Try to have wholegrain bread instead of white bread
- Try to have only one glass of wine at dinner instead of two
- Try to have dessert only four nights per week instead of every night. To make current dessert healthier, try to have just fruit.

*Candidate should answer any questions posed by Mrs Brown.*

#### **4. Conclusion**

We have been through a lot of information today! We have discussed what diabetes is and how carbohydrates affect blood glucose levels. We also went through your food record and you have set two goals for you to work on over the next two weeks. I would like you to come back to see me in two weeks. This appointment will take about half an hour. We can go through any questions that you might have and also have a look at how you are going with your goals.

It was nice to meet you today Mrs Brown, and I will see you in two weeks.