

Role-play

Tips for counseling a patient with diabetes

Primary diabetes consultant provides help for those diagnosed with diabetes mellitus for the first time.

The aim of a diabetes consultant is to assist a patient in making changes to one's lifestyle, behaviour, and maintain the changes reached. Therefore, **the motivation of a patient** in learning process is of high importance. A health care professional should put effort in searching for things that would motivate a particular patient. **It is essential to treat patient with empathy** by showing understanding, support etc.

During the initial instruction it is recommended to provide a patient only with the necessary information using the language that is understandable to him/her as **overload (providing a patient with too much of information) when instructing patients could be dangerous.** Delivering too much of information could hide the essence. **Therefore, it is recommended to start instructing a patient by eliminating everything that currently is not absolutely essential for this patient.**

It is advised to add new information only when your patient needs it.

It is recommended to set goals **together with a patient.** These goals should be **achievable.** **It is advised to agree on the period of time** during which a patient should reach them, **in what way** they should be reached and **who could help** a patient in reaching these goals.

It is important to listen to a patient and hear him/her by delivering open questions and finding out whether a patient understands you.

Revision and consolidation are an integral part of learning process. It is recommended to emphasise the most important elements that are essential for treatment. In order to achieve this, you should get to know your patient well and be able to clearly define various practical goals that both of you seek to initiate or continue while implementing treatment. Thus, it is recommended to summarize the things discussed as well as the things you have agreed on with a patient.

