**CASE 3**

**Information for the interviewer**

Your next patient in this outpatient primary care clinic is a middle aged person who is presenting for a routine follow up visit for diabetes and hypertension (HTN). This patient has been cared for in this primary care office for many years and is well known to your preceptor. The HTN is in good control with a single medication. The patient’s diabetes is not as well controlled with A1C running between 9 and 15 over the past 18 months. Also, the patient is obese with a BMI of 29. The patient is well liked in the practice but it appears from the chart that no one has addressed the patient’s weight in many years.

**CASE 3**

**Information for the person portraying the patient**

You are a kind and engaging patient who has been seen in this practice for more than 10 years. You have hypertension and diabetes. Your agenda today is to have a routine checkup and get your medications for HTN and diabetes refilled. You will be travelling to Iowa for a family wedding in a couple of months and want to be sure that you will have enough medication to take on the trip.

You have been over weight for much of your life. Your BMI is 29 and you have not tried to lose weight or change your diet for at least 7 years. When you first came to this practice your doctor tried to help you lose weight and discussed diet and exercise. But, with little change over several years both you and your doctor stopped having any conversation about health behaviors and the focus of your visits turned to managing medications and keeping you out of the hospital. You lead a fairly sedentary life. Most of your activity involves shopping for food and cooking for yourself and your family. You used to garden and grow food in the spring and summer but gave that up due to knee pain and low energy. You would love to be able to garden again. You eat lots of healthy foods and lots of unhealthy foods including desserts, fried food and food that involves gravy and bacon (your sister is a pig farmer in Sterling-pork products are sent to you for free almost every month).

If the medical student you are seeing today wants to discuss diet, nutrition, exercise or any type of health behavior change you are willing to do so. You are also a bit surprised as this is a conversation that you used to have a lot but not at all in many years. You have lost hope that you can change your behavior and don’t have much faith that you can change. You are no longer certain that if you were able to change that it would make much difference since you have had to take insulin at least 3 times/day for many years. If asked if you think you would be able to make a change you are unsure (confidence = 3/10). You have no idea where you would even start. If asked if you think it is important to change your diet or activity you say yes (importance = 9/10).