Perspective Taking Worksheet

Objective

To empathize with Mrs. A. Thompson's specific challenges in managing Type 2 diabetes and adapting care strategies for optimal health outcomes.

Patient Profile

1. Mrs. A. Thompson, a 65-year-old retired teacher, was diagnosed with Type 2 diabetes for 10 years.
2. Lives alone, limited family support, and faces challenges in attending regular medical appointments.

Identifying Concerns

Arthritis limits movement and exercise. Anxiety impacts medication adherence. Social isolation affects mental well-being.

Empathy Exercise

Imagine the frustration of arthritis pain when attempting daily activities. Consider the anxiety Mrs. Thompson feels about managing her condition independently.

Communication Strategies

1. Use simple language to explain treatment plans, addressing anxiety.
2. Explore low-impact exercise options suitable for arthritis, integrating them into her routine.

Collaborative Care

Involve Mrs. Thompson in decision-making for medication adjustments to enhance adherence while considering her mobility limitations for a personalized diabetes management plan.

Reflective Analysis

It is important to recognize how social isolation can impact mental health and diabetes management. Care strategies should be adjusted to fit the patient's unique circumstances for better outcomes.

Customization

Tailor the treatment plan according to the unique challenges of each patient, with a focus on providing personalized care.

Notes

It is important to revisit this worksheet regularly to refine care strategies and ensure a patient-centered approach to diabetes management for individuals like Mrs. A. Thompson.