



Case Study: Action Plans

ACTIVITY #11A

Focus: To utilize Brief Action Planning

Directions: *Read the case study below. Together with your team answer the questions and complete the activities at the end.*

Background:

Jim is a 59- year- old man with a 6- year history of type 2 diabetes. Jim has progressively gained weight over the last 5 years. He attributes some of the weight gain from the divorce 4 years ago. The divorce was initiated by his wife and surprised Jim as he thought their relationship had always been good. His wife was a “health nut,” enjoyed cooking, and made all of their meals. She also avidly worked out at the gym. Jim did not enjoy exercise yet he would take a walk with his wife often after dinner. His A1C stayed around 5 during the first 2 years of his diagnosis.

Jim admits to being depressed since his wife left. He remained in the family home which requires a lot of up keep. His wife used to take care of the garden and also cleaned the house. Jim has “let things go,” yet the messy, dirty house is starting to weigh on him. He worried that the re-sale value of the house may go down due to the lack of up keep. Jim relies on the sale of the house for his retirement savings.

Jim has been living off of mostly frozen meals. He now has high blood pressure and has started on lisinopril. When he does make dinner, Jim tends to cook on the grill making hamburgers, steak, and hot dogs. He doesn’t mind cooking on the grill where he can be outside with his dog who has become a reliable companion. Jim eats breakfast “on the fly” grabbing a cereal bar or going to the drive-through at McDonalds. He has found a way to eat healthy at lunch as there is a market nearby with a salad bar and Jim enjoys a “good salad.”

His most recent A1C was 9. Although it’s been 6 years, Jim continues to complain about poking himself. Jim knows his aversion reduces the amount of times he checks his blood sugar. Right now he checks approximately every other day.

Jim tells you that he is concerned about his health. He would like to “be around long enough” to see his grandkids grow up. He also alludes that he is feeling compelled to find a new partner as he would like to have a fun retirement and not be a “sick old man in a nursing home.”

Discussion with Group Members:

What are **YOUR** concerns related to Jim's health (this is not to be shared with Jim)

What are some ideas **YOU** have to address these concerns? (this is not to be shared with Jim)

Discussion with Jim:

Jim agreed to meet with you based on the recommendation from the Nurse Practitioner. You have already introduced yourself to Jim and he shared his story with you.

1. How will you begin your conversation about his health?
2. Collaboratively develop a goal. Use problem solving as appropriate
3. Complete an Action Plan (see handout # 8)
4. Discuss how other members of the team could be involved
5. Are there any community resources you would consider connected Jim to?
6. When will you follow up with Jim and how often