

# CHRONIC DISEASE MANAGEMENT

*Chronic Disease Conversation Skills* prepares health professionals to use motivational interviewing (MI) techniques to guide patients toward healthy changes.

## CONTENTS & LEARNING GOALS

- Use motivational interviewing techniques to talk with patients about weight management, obesity, diabetes management, cardiovascular disease, and smoking cessation
- Use open-ended questions to ask about patients' agendas, needs, preferences, understanding, motivations, barriers, and goals
- Use the teach-back method to check patients' understanding of information provided

### Chronic Disease Conversation Skills



**Simulation Duration:** 130 min  
**Curriculum Hours:** 5 hrs

## CASES

<b>NAME</b> Lisa Crane	<b>AGE</b> 45	<b>PRONOUNS</b> she, her, hers	Conversation Time: <b>20 min</b>
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### SCENARIO

Lisa has Type 2 diabetes and often forgets to take her oral medication. She is having difficulty incorporating healthy lifestyle changes to control her diabetes.

### GOALS

Talk with Lisa about her experience with diabetes management. Help her commit to healthy changes with a focus on medication adherence.

<b>NAME</b> Janet Lopez	<b>AGE</b> 56	<b>PRONOUNS</b> she, her, hers	Conversation Time: <b>20 min</b>
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### SCENARIO

Janet is a long-term heavy smoker who was diagnosed with coronary heart disease six months ago and experiences episodes of chest pain.

### GOALS

Explore Janet's attitudes about her health to identify areas to focus her efforts, share information about managing stress without smoking, and discuss counseling and medication options.

<b>NAME</b> Kevin Robinson	<b>AGE</b> 52	<b>PRONOUNS</b> he, him, his	Conversation Time: <b>45 min</b>
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### SCENARIO

Kevin has Type 2 diabetes, high blood pressure, and obesity. He is having difficulty losing weight and controlling his diabetes.

### GOALS

Talk with Kevin about increasing his physical activity and participating in a weight management program. Help him find a management plan that takes into account his personal challenges.

<b>NAME</b> Gregory Mitchell	<b>AGE</b> 67	<b>PRONOUNS</b> he, him, his	Conversation Time: <b>45 min</b>
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### SCENARIO

Gregory has cardiovascular disease and has come in for a 3-week follow-up after suffering a myocardial infarction for which he received an angioplasty.

### GOALS

Listen to Gregory's perspective on his cardiovascular health to understand his concerns and motivate him to resume his cardiac rehabilitation program.

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