Diabetes Blood Sugar Tracking and Dietary Coaching Chatbot Scenario Package

Scenario Background

In Halifax, Nova Scotia, diabetes is a prevalent chronic condition that requires daily self-management, including blood sugar monitoring and dietary planning. Patients often struggle to interpret blood sugar readings, identify patterns, and adjust meals accordingly. Organizations like Diabetes Canada and Nova Scotia Health provide clear guidelines and patient education resources to support these tasks. This scenario asks students to use the **Ollama + AnythingLLM** stack, combined with locally available, authoritative health education materials, to design a chatbot for **Diabetes Blood Sugar Tracking and Dietary Coaching**.

Scenario Goals

- Help users interpret typical blood sugar readings
- Provide dietary coaching aligned with Diabetes Canada guidelines
- Clearly communicate that the chatbot does **not** provide professional medical diagnoses

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Recommended Knowledge Base Materials

Students should collect and organize **retrievable, structured** local health education materials to serve as their RAG knowledge base. Recommended sources include:

- Diabetes Canada – Blood Sugar Target Ranges
- Nova Scotia Health – Diabetes Nutrition Guides
- Sample Meal Plans and Food Exchange Lists
- DASH or Diabetes-Friendly Dietary Advice
- Any relevant local clinic or public health resources

> **Requirement:** Upload as PDF, Markdown, or plain text, using general, consistent file names such as:
>
> - `knowledge_document_1.pdf`
> - `knowledge_document_2.md`
> - `knowledge_document_3.txt`

Suggested User Questions for Testing

Your final system must be able to answer these scenario questions using your uploaded knowledge base materials:

- **Question 1:** "My post-meal blood sugar was 10—should I be worried?"
- **Question 2:** "How can I plan a healthier meal when eating out?"

Suggested GitHub Repository Structure

All project deliverables must be **uploaded to a GitHub Repository**. Recommended folder structure:

```
/cold-flu-chatbot
├─ knowledge_base/
│  ├─ knowledge_document_1.pdf
│  ├─ knowledge_document_2.md
│  └─ knowledge_document_3.txt
├─ prompt/
│  └─ system_prompt.txt
├─ documentation/
│  └─ scenario_pack.md (Provided)
│  └─ use_case_description.md
├─ demo/
│  ├─ demo_video.mp4
│  └─ chat_transcript.txt
└─ README.md
```

Deliverables

- **Knowledge Base**
  - Include all documents actually used in AnythingLLM
  - Must be clearly structured and named using the general format above
- **System Prompt**
  - Defines the chatbot role, tone, scope, and ethical disclaimers
- **Use Case Description**
  - A clear document that identifies user pain points and success criteria.
- **Demo Materials**
  - Screen recording or video showing chatbot responses to the core scenario questions
  - Chat transcript
- **README.md**
  - Brief project overview
  - Local deployment/testing instructions
  - Author(s) and date

⚠ Important Notes

- All materials must be uploaded to a **public or private GitHub Repository** for review
- The project is for **educational research use only** and must not be used for real diagnosis or treatment

- The chatbot README.md file must **prominently display a "Not Medical Diagnosis" disclaimer**