

Clinical Profile:

Patient Demographics:

- **Age:** 57 years
- **Gender:** Male
- **Ethnicity:** Non-Hispanic
- **BMI:** 31 kg/m² (Obese)

Medical History:

- **Primary Condition:** Type 2 Diabetes Mellitus (T2DM) (Diagnosed 12 years ago)
- **Glycemic Control:**
 - Last HbA1c: 8.3% (Above target)
 - Fasting Glucose: 160 mg/dL
- **Medications:**
 - Metformin 1000 mg twice daily
 - Insulin Glargine 20 units at bedtime
 - Lisinopril 10 mg once daily for hypertension
 - Atorvastatin 40 mg once daily for hyperlipidemia
- **Non-adherence Issues:** Occasionally misses insulin doses (2–3 days per week), poor diet management
- **Comorbidities:**
 - **Hypertension:** Controlled with medication
 - **Dyslipidemia:** Partially controlled (LDL 110 mg/dL)
 - **Obesity:** BMI of 31 kg/m², limited physical activity
 - **Diabetic Retinopathy:** Mild background retinopathy (diagnosed 2 years ago)
 - **Diabetic Neuropathy:** Tingling and numbness in feet
 - **Chronic Kidney Disease:** Stage 2 (GFR 65 mL/min/1.73 m²)

Social History:

- **Smoking:** Non-smoker
- **Alcohol:** Drinks occasionally
- **Physical Activity:** Sedentary, walks for 10 minutes a day

Lifestyle Factors:

- **Diet:** Consumes a diet high in carbohydrates, irregular meal patterns
- **Exercise:** Very low activity level, finds it hard to incorporate physical activity into daily life

Patient Health Assessment Questionnaire:

1. **Blood Sugar Monitoring:**

- How often do you check your blood sugar levels at home?

2. Physical Activity:

- How many days per week do you engage in physical activity, and what kind of activities do you do?