

An Unhurried Conversation

New, urgent add-on
65 male
Not sure of his motivation
(I think it's his wife; next to him; scared)
Diabetes
Stopped all meds a year ago
Dizzy
Peeing too much
ER visit
Glucose 800
A1c 16.8
Stabilized

Given meds: "f/u with PC" (primary care)

Explore goals
Explore barriers
Tease him
His wife's tense face turns to laughter...

He agrees to:
Once Daily insulin
Once Daily metformin
Put hctz and ACE* in one pill
-once daily
Moderate dose statin
All at same time... daily
Next to the coffee pot
Unhurried follow up

"Yes, I can do THAT"
"I like you"

"Well, I haven't decided if I like you yet!"



No need to turn an illness into a crisis

Personal opinion:
Unhurried can happen if I am...
...mindful enough to take my OWN pulse first.
...experienced enough to know what distractions to ignore.

...courageous enough to accept potential chastisement from superiors for ignoring distractions...

- A physician

**Hctz= hydrochlorothiazide. ACE is a drug class. Drug name Lisinopril. Both are blood pressure meds.*