

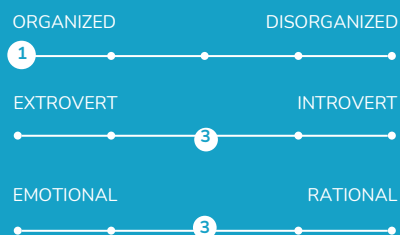


Amália

Age: 77 years old, widow, I live with my daughter and her husband. I used to work in a supermarket, but now I'm retired.

Personality and interests

I like to cook and embroider, and see soap operas, but lately my eyesight is getting worse.



Sentence...

Health Conditions

- Type 2 Diabetes Mellitus
- Ocular cataract in both eyes
- Reduced mobility
- Minor hearing impairment
- Anaemia
- Hypertension
- Risk of diabetic foot related-issues.

Medication & Therapies

- Prescribed by doctor –**
- Long-acting and rapid-acting insulin and respective pen
 - Vilvagliptine 50 mg (tablet)
 - Folic acid 5 mg (tablet)
 - Sertraline 100 mg (tablet)
 - Perindopril 5 mg/indapamide 1.25 mg/amlodipine 10 mg (tablet)
 - Permadoze 1g (tablet)
 - Acetylsalicylic acid 100 mg (tablet)
 - Mirtazapine 15 mg (tablet)
 - Eye drops

Additional (non prescribed)

- Glucometer and respective blood glucose strips
- Glicose or snack (in case there is a hypoglycemic episode)
- Diabetic foot cream (for prevention).

Care Professional Concerns

Diabetes type 2 complications, such as retinopathy (eye problems), diabetic foot problems, slow healing process, kidney disease, neuropathy and blood vessels in general.

How I prefer to interact with Healthcare providers

I like to visit them in person, normally accompanied by my daughter. I only use the phone to schedule appointment, otherwise I prefer to interact with my healthcare providers, doctors, nurses, pharmacists and so on, in-person. I find it easier to understand the information this way, and my audition is not as good as it used to be.

Sharing my health information



Health routines

Medication list

I don't have a list; my pharmacist writes on my medication boxes what the medication is for and the times to take it.

Number of daily therapies

5 medicines in the morning, 4 at night, and rapid-acting insuline if needed. Cream for feet 2 x /day.

Frequency of routines (daily, weekly, monthly)

- GP: 6x / year
- Hospital HCP: 2x / year
- Appointment Diabetic Foot: 2x / year
- Lab work: 3 - 4x / year
- Pharmacy: 1x / month
- Blood glucose level: 3x /day

Most time consuming or difficult activities

Adjusting insuline intake according to the blood glucose values; what to do when having a hypoglycaemia episode, and eating 2 in 2 hours for my blood sugar level to be stable. Also, the different boxes that keeps changing.

My most trusted advisors

My family doctor, my diabetes doctor at the hospital and my local pharmacist. They are very knowledgeable and advice me and my daughter as needed.

No of HCP that I interact with: 4

Pain Points/Problems

Medical

Eye sight, mobility, audition, risk of diabetic foot.

Social

My eyesight makes it difficult to recognize my friends from distance.

Psychological

Feeling the effect of some medication makes me feel less reative.

How I feel about these problems?

I trouble my daughter with my difficulties. My eyesight has hindered my ability to embroider, I used to like to make gifts to give to my family and friends, and now it takes a lot of effort to complete one gift.

Autonomy

Impairment

eyesight, mobility (cane), audition

Self care ✓ Self management ✗ Mental impedimen ✗



Health Literacy



Digital Literacy



Support Network

My daughter helps to manage my medication and diet, due to the restrictions my HCP recommended. I also have mobility issues, so my family helps me to go to my HCP.

In case of emergency

I carry my diabetes card. In case of emergency, my doctor has taught me and my family how to act in case of low or high blood glucose level; if too serious I need to call an ambulance.

Use of a personal health navigation tool

Not for me, but for my daughter that manages my medication.

