

Patient Interview Transcript

West Ranch Memorial
26255 W. Valencia Blvd.
Stevenson Ranch, CA 91350

Patient WR02: Jason Thompkins, Age 37, African American, Male

Doctor: What seems to be the problem today?

Patient: The last few weeks I have been feeling a little run down.

Doctor: What do you mean run down?

Patient: I feel like I have no energy and it is starting to affect my work. I am so tired that I can't seem to concentrate when people are talking to me.

Doctor: How much sleep do you get at night?

Patient: I am a lawyer at Smith, Novak, and Peterson so I work late hours almost every day. I get to the office around 9 am and stay in the office till about 11pm. I have been at the firm for 10 years and I am trying to make partner.

Doctor: That's your problem right there. I know making partner is important, but you have to create some down time for yourself. Getting enough sleep is essential to having a productive day. Sleep recharges your batteries.

Patient: I know, but I am up for being a partner THIS year and I really need to show them that I can keep up with the demands.

Doctor: Since you stay at the office late, when do you find time to eat?

Patient: I usually order take out at the local deli, on the next block, for lunch and pick up something quick, fast food, on the way home for dinner. I don't have time to cook when I get home, and by the time I leave the office, I just want to eat and go to bed.

Doctor: What do you usually have for lunch and dinner?

Patient: For lunch, I usually have a deli sandwich, either roast beef or turkey, with everything on it, a bag of chips and a soda. As for dinner, I usually pick up a double cheeseburger, fries, and a soda.

Doctor: Do you have any types of food allergies that you know of or any allergies for that matter?

Patient: I don't have any types allergies, unless you count stupid clients.

Doctor: That's funny! Are you currently taking any medications?

Patient: No. I just take GNC men's multivitamin once a day before I go to work.

Doctor: Do you have any previously diagnosed medical conditions?

Patient: I have a history of mild hypertension. But I know that is attributed to the demands of my job. It comes with the territory.

Doctor: Are there any other problems that you are experiencing?

Patient: Yeah! Lately, I have been experiencing thirstiness and I am constantly at the water cooler. Because of this I have to urinate frequently, again, causing a disruption in my work. I just want to feel better and I know getting more sleep and eating healthier would make a difference. I just wish I had the time!

Doctor: Let's get a consult for a dietician and see if we can create a plan for your current lifestyle. But in the mean time, I would like to check you out and make sure there isn't anything else going on. I am going to order the normal lab work up and physical exam.

Patient: Alright, not a problem. Anything to help me out and get me back to feeling energetic.