

Patient Interview Transcript

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

Patient WR02: Jason Thompkins, Age 54, African American, Male

Doctor: How's it going today Jason? Ready for your yearly exam?

Patient: Great, doc! I feel really good since my diagnosis of Type 2 Diabetes.

Doctor: How's managing your diabetes coming along?

Patient: I am eating better. I am exercising regularly, at least 3 times a week. I take my Metformin for my diabetes and my Lisinopril for my hypertension. And believe it or not, I am finding time to relax and unwind. I am still feeling good.

Doctor: How's work going?

Patient: I finally made partner. I still work long hours, but not like I used to. Because I work late still, I do tend to eat fast food at night, but I choose the healthier choices and I eat in moderation. It is definitely not as bad as it was. I feel like I have come along way.

Doctor: When you say you exercise, what is that you are doing? What types of exercises do you do?

Patient: I do some light lifting with dumbbells and finish my workout doing some cardio on the elliptical. I have been noticing that I cramp up more frequently, but it goes away. I have also noticed this happening in the office when I am working.

Doctor: How often would you say you cramp up?

Patient: I really don't know. I just know that it occurs more than before. But then again, I have been working out more also.

Doctor: Anything else during your workouts?

Patient: I am getting older, so I am getting tired easily.

Doctor: Yeah, it happens to all of us, but sometimes age doesn't play a factor in fatigue. It could be, again, work related or not enough sleep. How many hours would you say you get when you sleep?

Patient: I get a good 6 hours of sleep. However, I do have nights where I can't sleep. My mind is racing about work and I am thinking about all of the things I have to do the next morning. Sometimes, I just have a hard time shutting down my mind. Being a partner is great...financially, but in terms of work, it does take a toll on you at times.

Doctor: Are there any pains or aches that you feel?

Patient: Nope

Doctor: Headaches?

Patient: Only when I am dealing with my other partners.

Doctor: You look great!! Keep up the good work.

Patient: Thanks. Like I said, I am feeling a lot better than before.

Doctor: You know the routine. I am going to requests some lab work up and we will discuss the results in a couple of days.

Patient: See you in a couple of days!