

ICI 2 OSCE - Nutrition Counseling

Student Instructions

Patient Information	Patient Name: Alicia Rodriguez Age: 45 year old woman
The Scenario	<p>Alicia Rodriguez is a 45 year-old woman coming to clinic for the second time. Last time she saw another third year student on ambulatory care.</p> <p>Alicia is healthy with no complaints and does not take any medicines. Her family history is significant for her mother having diabetes.</p> <p>During her first visit, she had a full history and physical. Her hemoglobin A1c level was 6.1%, a little high. The clinic note states that they agreed that they will address her diet and weight gain at her appointment today.</p> <p>The clinic notes document that she was always thin though gained a little weight after each pregnancy. Since her last pregnancy 10 years ago she has slowly gained about 40 lbs. She moved from the Dominican Republic 7 years ago and works as a home attendant for an elderly woman with Alzheimer's disease.</p> <p>She was given a 24 hour dietary recall form to fill out at her previous appointment to bring today.</p> <p>She is 62 inches and weighs 165 lbs. Her blood pressure is 115/75.</p>
Your Tasks	<ul style="list-style-type: none">● Assess the patient's diet and her weight loss goals.● Counsel her to make dietary and physical activity changes to help her lose weight