Yusuf Khoury

**Data:**

Age: 57

BP 142/86   P 72     R16      T 99 Height: 5ft 11.5 in   Weight: 190 BMI: 26.1

Waist circumference 43

Finger stick glucose this morning (fasting) 160 Hgb A1C 9.0

**Immunizations**

Since Yusuf received all of his childhood immunizations I would give him the following:

1. **Influenza**
2. **Td/Tdap**
	1. If he hasn’t received it in the last 10 years at a previous visit.
3. **PPSV23**
	1. Based on CDC recommendations, since he is a diabetic below the age of 65, I would administer 1 dose of PPSV23. However, when he reaches the age 65 he should get 1 dose of PCV13, and then after 1 year receive another dose of PPSV23 that is also least 5 years after his last PPSV23 dose, which he should be since he is 57 at the time getting it.
4. **Hep B**
	1. Based on CDC recommendations, people below the age of 60 who have diabetes should receive this as soon as reasonable after diagnosis, so if he has not previously received it, I would administer 1 dose this visit.

**Screening**

Recommendations from the USPSTF for Preventative Health Care

1. **Alcohol**
2. **Depression** – Controlled with Paroxetine 20 mg twice daily. Talk with the patient about how he feels and what his thoughts are.
3. **Hypertension** – BP is currently under 140/90 with Enalapril 5 mg twice daily.
4. **Obesity**
5. **Tobacco Use and cessation**
6. **HIV infection**
7. **Lipid Disorder**
8. **Abnormal Glucose/Diabetes** – Glucometer readings and Hgb A1C suggest discussing insulin treatment, if he’s still resisting, I’d adjust the Metformin and Glyburide doses.
9. **Hepatitis C** – Since he was born between 1945-1965
10. **Aspirin for Cardiovascular Risk**: Since he had DM2 and his mother had a stroke, I’d recommend he start taking aspirin.

Recommendations for Cancer Screening

1. **Colorectal Cancer** – Colonoscopy recommended, if he has not had one in last 10 years.
2. **Prostate Cancer** – Since he is above age 50/between the age 55-69 and his father had prostate cancer, I’d talk to him about the pros and cons of screening.

**Health Promotion/Disease Prevention Concerns**

**Injury Prevention**

1. Traffic Safety- since he commutes to work by subway, he should be careful when getting on and off and be aware of his surroundings for his own safety and the safety of other riders.
2. Pain management- He presents with symptoms of Carpal Tunnel Syndrome so I would have him wear a wrist brace/wrist-wrap when working or walking his dog to prevent further injury. I would also continue the Ibuprofen/NSAID use as needed.

**Diet**

1. Dietary Issues:

1. The main issue with Yusuf’s diet would be the cookies/sweets that he has trouble resisting because they have a high glycemic index.
2. Another issue I notice in his diet is his low intake of fruits and lack of vegetables.

2. Health Issues:

- Since Yusuf has diabetes, he needs to watch his intake of carbohydrates. There is concern because of his high Hgb A1C level of 9, as he should aim to be below 7.0.

- Although hypertension is not listed in his history, it seems like he does have this because of his high blood pressure and the medication he is taking. Therefore, because of his hypertension I would also modify his salt intake.

3. Basic Plan:

- The first thing I would do with Yusuf would be educating him on the important role diet plays in someone with diabetes and high blood pressure. Therefore, I would start by teaching him how to read a food label, focusing on identifying the serving size, calories, sugar, and sodium levels per serving.

- Limit calorie intake or at least make sure they are healthy calories. This would involve Yusuf choosing healthier carbs such as whole grain, fruit, and vegetables.

- One of the most important modifications to be made in his diet would be limiting the sweets he has to an appropriate serving size and to make sure he does not indulge too often, as he should not have a high sugar intake.

- Since he has high blood pressure, he should also limit his salt intake.

- I’d encourage him to grocery shop on the weekends instead of sleeping in, and put emphasis on buying more vegetables and fruits. He should also use his weekends to try meal prepping healthy lunches for the week such as salads filled with leafy greens and vegetables of other colors and some lean meat/fish/grilled chicken. He could also try to get his wife involved when prepping for more motivation.

- Instead of eating a buttered roll for breakfast, I’d suggest something like avocado toast, and other combos of healthy carbs and fats like oatmeal with banana and berries and peanut/almond butter to be more filling. He can also try making smoothies for mornings where he is rushing to work.

- As for his lunch, I’d recommend he get the sandwich option that is made with whole grain bread, contains lean meat and no fried food (fried chicken), minimal cheese, no fatty sauces, and contains vegetables. I’d also recommend he get the soup option that is broth-based and has servings of vegetables like carrots, celery, zucchini, and peas and something like beans or chickpeas to get some fiber in his diet. Although he could still have the occasional bag of chips, I’d suggest he alternate some days to the oven-baked or kettle-cooked option, popcorn, sweet potato chips, or grain-based chips.

- For snacks, he should bring fruits that are good for diabetics and have a low GI such as an apple, orange, pear, grapefruit, or cherries.

- Finally, something that I would discuss that is sometimes overlooked is making sure the patient is drinking enough water, at least 64 oz. a day.

**Exercise**

Mr. Khoury does not exercise regularly. Therefore, I’d discuss an exercise plan with him.

Basic Plan:

* First thing I’d do is talk with Yusuf and see what his interests and goals are in regards to physical fitness. I’d also motivate him by talking to him about the effect that being active can have on improving depression, diabetes, and hypertension.
* According to the CDC, 150 minutes/week of moderate intensity is recommended along with muscle-strengthening at least twice a week. This can decrease his risk for CAD by 14%. I’d inform Yusuf of these stats and let him know it can be done 10 minutes at a time, and see what form of exercise he is willing to try first.
* Being that Yusuf is relatively sedentary, I would begin with baby steps when making any changes. For example, since he takes the subway to work, I’d suggest that he get off a stop early and walk the rest of the way.
* During his breaks, I would recommend he go for walks around his place of work and that he takes the stairs when he’s coming back home instead of the elevator.
* We would work on how to manage his wrist pain with a wrist brace/wrap and he should continue to walk his dog and eventually try to take longer walks and increase the pace of walking gradually. Based on the CDC recommendations, his target heart rate starting off with moderate intensity, since he has been sedentary lately, should be about 82bpm. Therefore, I’d suggest he slowly get into jogging with his dog instead of walking.
* I’d also discuss the benefits of losing weight and how the best way for him to do so would be losing 10% of his current weight slowly over the next year. This would be about 19 lbs. over the span of those 12 months, so losing around 1.5 lbs. a month should be his goal.

**Harm Reduction**

Although Yusuf does not eat fast food, I would encourage choosing healthier options when eating/ordering out. For example, choosing the healthier sandwich or soup option available when ordering from the restaurants at lunch.

**Brief Intervention**

Though Yusuf is not obese, his BMI is 26.1, so he is considered overweight. According to the CDC, a man whose waist circumference is above 40 in. is at a higher risk of developing obesity-related conditions. In Yusuf’s case, his high waist circumference (43 in.) is due to his already existing diabetes condition. Therefore, I would talk to him about his weight.

Obesity:

**Ask:**

I’d take permission by asking “Do you mind if we take some time to discuss your weight?” and assessing his readiness to change by asking “Would you like to look into a couple of ways you could lose weight and make some changes for your overall health?

**Assess:** In order to assess Yusuf’s health status and understand the reason behind his being overweight I’d ask him to tell me about his daily typical meals and physical activity and I’d ask, “Have you tried losing weight before?”

**Advise:** I’d advise him of the health risks of obesity and how losing weight can benefit him by asking, “How much do you know about the effect being overweight has on your health?” and “Do you know that making a small change in your weight every month can lower your health risks?”

**Agre**e: Based on Yusuf’s answers to the previous questions and his readiness to change, I’d try to come up with a shared goal and treatment plan for him. I’d ask him “Do you think now would be a good time to pursue weight loss?” and “What do you think is a suitable target weight for yourself?”

**Assist:** Finally, I’d help Yusuf try to achieve his ideal weight by seeing what could interfere with his goal and providing him with resources that will help him even more, but also make sure he knows that he can always come back to me for help. I’d ask him, “Do you think there are any obstacles that will make this goal difficult for you?” and “Would you like me to refer you to experts that can help you with meal planning and exercise programs?”

Sources:

<https://www.uspreventiveservicestaskforce.org/BrowseRec/Index>

<https://www.cdc.gov/vaccines/schedules/hcp/adult.html>

Writing an Exercise Prescription PowerPoint

<https://www.cdc.gov/healthyweight/assessing/index.html>

Obesity PowerPoint

Setting the Agenda PowerPoint