

Telephone Follow-Up: Healthy Eating

**TSU PATIENT CENTERED CARE COLLABORATION TO IMPROVE
MINORITY HEALTH (PCCC) INITIATIVE**

Date: _____

Patient Name (Last name, First initial): _____

Client ID: _____

Date of Birth: _____

Study diagnosis (circle all that apply): Hypertension Diabetes

Date of the First Home Visit: _____

Pharmacist: _____

- **Blood pressure at first home visit:** _____
- **Hemoglobin A1C at first home visit:** _____

Script:

Intern: Hello, my name is _____. I am with the medication therapy management program at Texas Southern University College of Pharmacy. On _____ (date of first home visit), a pharmacist visited with you to discuss your blood pressure/diabetes and medications. Your blood pressure/hemoglobin A1C at that time was _____. Do you have about 20 minutes to talk to me about your blood pressure/diabetes?

Patient answer: **No** (then proceed with the following question)

1. "When is a good time to contact you?"

Record time and date: _____

"Okay, thank you very much Mr./Ms. (say patient's last name.) We will definitely try calling you back at this more convenient time and look forward to speaking with you. Have a good day."

OR

Patient answer: **Yes** (then proceed with the following questions)

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1. Medication Adherence

Medication (Name/ Strength)	Purpose	Schedule	Date of Last Dose	Special Instructions
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				
16.				

o Has the patient missed any doses in the past two weeks? Yes No

If answer is yes, explain why.



Knowledge Questions Exercise: Ask the patient the following questions and mark their answers (refer to appropriate section below based on patient's diagnosis)

I. Hypertension:

1. People with hypertension can still eat the foods they like.
a) **True**
b) False
2. The Nutritional Facts label can help you make better food choices when you're shopping.
a) **True**
b) False
3. How much sodium does the body need daily.
a) 1000 mg
b) 2300 mg
c) **200 mg**
d) None of the above
4. Eating less salt usually makes blood pressure...
a) Go Up
b) **Go Down**
c) Stay the Same
5. Carbohydrate counting is a method that helps you know what to eat and how much to eat.
a) **True**
b) False

II. Diabetes:

1. People with diabetes can still eat the foods they like.
a) **True**
b) False
2. The diabetic diet is a healthy diet for most people.
a) **True**
b) False
3. What effect does unsweetened fruit juice have on blood sugar?
a) Lowers it
b) **Raises it**
c) Has no effect
4. You and your healthcare team can design a meal plan that takes into account.
a) Your favorite foods
b) A variety of foods
c) Your like and dislikes
d) Your daily routine

e) **All the above are correct**

5. The Nutritional Facts label can help you make better food choices when you're shopping.

a) **True**

b) False

For office use only:

1st attempt: Date Time: Outcome:

2nd attempt: Date Time: Outcome:

3rd attempt: Date Time: Outcome:

After three failed attempts, the patient is dropped from program