Telephone Follow-Up: Being Active and Managing Stress

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): Date of the First Home Visit: Pharmacist:	Hypertension 	Diabetes
 Blood pressure at first home Hemoglobin A1C at first home 		
Script:		
Intern: Hello, my name is	I am with the medic	cation therapy
management program at Texas Southern Uni	versity College of P	harmacy. On
(date of first home visit), a pharm		
blood pressure/diabetes and medications. You	•	_
time was Do you have about 20) minutes to talk to	me about your blood
pressure/diabetes?		
Patient answer: No (then proceed with the fo	llowing question)	
1. "When is a good time to contact you?"		
Record time and date:		
"Okay, thank you very much Mr./Ms. (say pat	ient's last name) M	Ve will definitely try
calling you back at this more convenient time		
Have a good day."	. and look forward t	o speaking with you.
OR		
Patient answer: Yes (then proceed with the f	ollowing questions)	

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2. 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 pa	atient missed	d any doses ii	n the past t	wo weeks? □ Yes □
If answer is y	es, explain v	vhy.		

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.	Exercise can lower your blood pressure. a) True b) False
2.	How much physical activity is enough? a) 20 minutes everyday b) 90 minutes a day once you are in shape c) 150 minutes a week d) It depends on the size of your heart
4	People who have hypertension can do any kind of exercise they want. a) True b) False Exercise can be dangerous if it increases your heart rate too fast. a) True b) False
	Serious depression is common in people with hypertension, but eatment can help. a) True b) False
1.	Diabetes: For a person in good control of their diabetes, exercise lowers blood acose. a) True b) False
2.	Examples of aerobic exercise include which of the following activities? a) Brisk walking b) Swimming c) Dancing d) All of the above
3.	Exercise can cause low blood glucose levels. a) True b) False
4.	When you're stressed, it's hard to keep your blood glucose on track because: a) Your body makes hormones that affect your blood glucose

b) It's hard to pay attention to your diabetesc) Both of the above are correct
 5. Serious depression is common in people with diabetes, but treatment can help. a) True b) False
For office use only:
st attempt: Date Time: Outcome:
attempt: Date Time: Outcome:
attempt: Date Time: Outcome:
After three failed attempts, the patient is dropped from program.