

Hypothetical Physical Assessment of a 41 year old female with type 2 Diabetes

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Sheryl is a 41 year old female who is looking to make lifestyle changes in order to manage her type 2 Diabetes, which was diagnosed last year. She is looking to lose weight by changing her diet and starting an exercise routine. Sheryl has a sedentary job as an administrative assistant; she works 9 hours a day, 5 days a week. She suffers from acute symptoms consisting of migraine headaches, fatigue, dry mouth and occasional insomnia. Sheryl was referred to me by her primary care physician in order to obtain a customized fitness regimen.

PAR-Q

The client has already been cleared by her primary physician to begin an exercise routine. Hence, it would only be redundant for her to complete a physical activity readiness questionnaire. Prior to our meeting, Sheryl's physician established that she does not experience the following during increased physical activity: chest pains, dizziness or joint pains. She also is not on high blood pressure medication. Sheryl preapproved to increase physical activity allows me to get her started immediately.

Health, Lifestyle and Nutrition

The extent of Sheryl's physical activity is limited to cleaning up her apartment once a week. Sheryl diet primarily consist frozen foods and take out, like pizza and Chinese food; in general her diet is very high in calorie and low in nutrition value (fitday.com, n.a.). She admits her sedentary lifestyle and very poor nutrition has led to her developing type 2 Diabetes. On top of having diabetes, Sheryl is both pre-obese and pre-hypertensive. In order Sheryl to experience success from the program, she will be advised healthy changes to her diet and a gradual increase to her current fitness level. Since she does suffer from fatigue, dry mouth and headaches, the prescribed exercise routine will be one that steadily increases with time and intensity. In general, starting a new fitness routine can be very stressful; therefore she will need to incorporate stress reduction methods.

Medical History and Medications

Sheryl's medical history revealed that although her parents are healthy, her grandfather her father's side died of complications due to his type 2 Diabetes. She was prescribed Metformin oral a common diabetes medication, when she was diagnosed a year ago. She claims to be consistent with her medicine, and has not reported any adverse side effects. While she has been diagnosed as pre-hypertensive and pre-obese, she has yet to be prescribed any pharmaceuticals because her doctor is encouraging her to improve her diet and increase her physical activity in order to manage these disorders.

Body Composition

Sheryl's body mass index is calculated by her height of 5 feet 3 inches and her weight of 158 pounds, which equates to a BMI score of 28. Since her BMI score was over 25, yet under 29 she is considered overweight, and in jeopardy of becoming obese (CDC.gov, 2012). Her weight is a key factor which will be taken into consideration during the development of her exercise routine.

Risk Factors

Improved diet and exercise has been proven to be an effective treatment for type 2 Diabetes (MedlinePlus.gov, 2013). While regular exercise has been found to help manage the signs of diabetes, Sheryl must stay consistent with the customized fitness program in order to see progress. If she is inconsistent her condition can worsen which will lead to developing: vision loss, neuropath, kidney damage and heart disease (MedlinePlus.gov, 2013).

Motivational Strategies

Exercise is the key to managing diabetes, weight loss and weight prevention (MedlinePlus.gov, 2012). The primary motivational strategy that will be given to Sheryl to inspire her fitness consistency will be a wallet size list of the various health factors that will decrease due to her physical efforts. The list is meant to be a constant reminder of the health conditions she will improve without the use of medication (MedlinePlus.gov, 2013). The list will comprise of:

- ~ Decrease blood sugar and blood pressure levels.
- ~ Decrease stress and promotes self-esteem.
- ~ Decrease weight by burning calories and fat.
- ~ Decrease fatigue and improves energy levels.

Along with the list she will be encouraged to keep an exercise journal in order to record her decrease of the above maladies, and the increase of improved health. It will be explained to Sheryl that it is necessary for her to be patient with herself during the process, as it takes time for actual see the changes in one's health (MedlinePlus.gov, 2012) The diary will allow her to keep track of her improved health and increased strength and stamina over time. Having her record her fitness journey is a strategy that can keep her self-efficacy high.

Recommendations

Cardiovascular Exercise: Sheryl is to engage in aerobic exercise a minimum of three times a week by walking or swimming 10 – 15 minutes. After three weeks, she can increase the same exercise routine to five days a week or more. After six weeks, she is to increase the pace and amount of time of the chosen exercise. Hence, if her routine generally consists of swimming 2 or 3 laps in the pool in 10 minutes, this should be increased to 5 laps in 10 minutes. The same goes for a walking routine, as it should be increased to fast walking for 15 – 20 minutes. During these fast walking sessions, Sheryl should be able to talk, yet will not be able to sing (fitness.gov, n.a.). The talking test is a good way of gauging that her walking has increased to a moderate pace.

Stretching Exercise: Stretching exercises have been shown to reduce the risk of injuries by enhancing stability and flexibility (fitness.gov, n.a.). Sheryl is to attend 1 or 2 beginner yoga classes weekly. It is highly recommended that she contact the yoga studio or instructor directly to inform them of her alignments and physical limitations before attending class. Within that same conversation the instructor's teaching style and experience with beginner students should be questioned in order to assure that the instructor is a good fit for her. After two months, Sheryl can either add on an additional beginner's class (3rd class) to her regimen or one of the beginner courses can be replaced by a level one class.

Strength Training Exercise: Sheryl is to being strength training with resistance bands 1 or 2 days a week. Resistance bands will allow her to strength muscles without heavy weights. The resistance bands are to be used to strengthen her arms and leg on separate days. On the day Sheryl chooses to do arm strengthening, she is to use the bands to do 2 – 3 different arm exercises for a minimum of one rep each. The same regimen is be implemented for the leg strengthening exercises. She should stay with this routine for the two month, after that time she can increase the reps.

Important Fitness Tips: It is highly advised that Sheryl wear a bracelet or necklace identifying her as a diabetic (MedlinePlus.gov, 2012). As mention above, all fitness professional are to be told in advance about her health issues, and be given an emergency contact number. She should stay hydrated by drinking water before, during and after exercises.

The above fitness recommendations are to be performed the same days and time. By both staying consistent with the timing of her exercises and journaling the process, it will make it easier for her to control her blood sugar levels (MedlinePlus.gov, 2012). Lastly, Sheryl needs to carry a fast acting carb snack with her at all times like hard candies, glucose tablets or a fruit juice just in case she need to raise her blood sugar quickly as it can waver during exercise (MedlinePlus.gov, 2012).

Nutritional Recommendations: Sheryl is being recommended to seek the advice of a dietician who specializes in diabetic nutrition. Her current dietary recommendations include increase her water intake and reducing juices and soft drinks. She is to increase he intake of fruit to three whole pieces per day, along with two to three green vegetable daily. In order to reduce her intake of preservative and fats found in fast and frozen foods, she will be advised to cook at least two of the three of her daily meals. She will be provided with recipes and cooking tips resources to get her started with making healthier dietary choices.

Stress Management Recommendations: To reduce the stress Sheryl's will experience from all these new changes, she is being recommended to join a support group. The support group will help her get a better understand of her health condition and provide her with resources from a supportive community of people who are undergoing the same experiences. She should also look into taking a beginners mediation course in order to help her manage stress and improver her overall quality of life.

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