



## Module 4, Vignette 2, Addressing Dietary Issues so MTI can Stabilize TIR and PPG

Jennifer I. Hall, MS, RDN, LDN, CDCES and her patient Ms. Houston

**Miss Hall:** Today we are having a telephone follow-up session with Miss Houston, and I have her on the line as we speak. Hello, Miss Houston, how are you?

**Miss Houston:** I'm fine. Thank you for asking.

**Miss Hall:** Now, Miss Houston, the last time we talked, you shared with me that you were having some challenges with keeping on track with a diet and medications. Also, you were sent a video about basic carb counting. How're you doing with that?

**Miss Houston:** Well, my challenge was that I was not following my diet at family gatherings, at big events that happened. My church is very social, and always had the wrong choice of food. And along with that, we ate out a lot.

Now I want to tell you about the basic carb counting video you sent. Once you explained it to me in the video, I understood how to count my carbs. And so when I had family gatherings, I could choose a better way of eating. And I want you to know my blood sugars were in the 300s and now they're in the 100s. I'm grateful.

**Miss Hall:** Now are you taking any mealtime insulin?

**Miss Houston:** Yeah. I take 30 units with every meal, and I also have a sliding scale. But the sliding scale I haven't had to use since I start counting my carbs.

**Miss Hall:** Now that is progress! You have gone from not following a diet, using a sliding scale, and now you're doing carb counting, you're eating out with your family, and no sliding scale! How awesome is that?

Okay. Now I need to say something about the continuous glucose monitor. How're you doing with that?

**Miss Houston:** I had the CGM on my dresser for about three months. Well, when I talked to you and we discussed everything and you told me about the benefits and that you thought it would be a good thing for me to wear, I watched the YouTube videos like you suggested. And I want you to know that I am now wearing my CGM. I love it.

**Miss Hall:** And I want to say good job to you!