

SHIFT SCRIPT: ADVOCATING FOR YOURSELF

This document provides an example of a person with diabetes using self-advocacy skills during a visit with their endocrinologist.

Introduction

Self-advocacy skills are crucial during appointments with an endocrinologist to ensure that your needs, concerns, and preferences are effectively communicated and addressed. Below is an example of how a person with diabetes (PWD) can use self-advocacy skills during an appointment with their endocrinologist.

Example of Self-Advocacy Skill During an Appointment

Patient (PWD): "Hello, Dr. Smith. Thank you for seeing me today. I'm [Your Name], and I have been managing my diabetes with the help of my pediatric endocrinologist. Now that I'm transitioning to adult care, I want to make sure I'm actively involved in my healthcare decisions."

Endocrinologist (Dr. Smith): "Hello, [Your Name]. It's nice to meet you. I'm glad to hear that you're taking an active role in your health. How can I assist you today?"

Patient (PWD): "Well, I've been thinking about my diabetes management and have a few questions and concerns. First, I'd like to discuss my target blood glucose range. I've been experiencing some fluctuations, and I want to know if it's possible to adjust my targets to better suit my lifestyle and activities."

Endocrinologist (Dr. Smith): "Of course, that's a valid concern. We can definitely discuss your target range and make adjustments as needed. It's essential to find a balance that works best for you."

Patient (PWD): "Thank you, Dr. Smith. I also wanted to talk about my insulin regimen. I've been using multiple daily injections, but I'm curious about insulin pump therapy. Can we explore the possibility of using an insulin pump and how it might benefit me?"

Endocrinologist (Dr. Smith): "Absolutely. An insulin pump could be a viable option for some patients, and we can explore the benefits and considerations together. I'll provide you with information on how it works and discuss if it aligns with your lifestyle and preferences."

Patient (PWD): "That sounds great, thank you. Another thing I wanted to mention is that I've been experiencing some stress lately, and I noticed it affects my blood sugar levels. Can we talk about stress management techniques and how to handle diabetes during challenging times?"

Endocrinologist (Dr. Smith): "Definitely. Stress can indeed impact diabetes management, and it's essential to have coping strategies. I'll provide you with resources and tips for managing stress and its effects on your blood glucose levels."

Patient (PWD): "I appreciate your help, Dr. Smith. It's essential for me to be involved in my diabetes management, and I want to work together to create a care plan that considers my goals and lifestyle."

Endocrinologist (Dr. Smith): "I'm glad to hear that, [Your Name]. Working together as a team is crucial for successful diabetes management. Your involvement and advocacy will play a significant role in tailoring your care plan."

In this example, the person with diabetes demonstrates self-advocacy skills by actively expressing their concerns, preferences, and questions to the endocrinologist. By doing so, they ensure that their unique needs are considered, and they are actively engaged in their diabetes management plan. Self-advocacy empowers patients to have a collaborative and informed approach to their healthcare decisions.