

# Firm Faculty Coaching Topic PGY2 #2

## Counseling Patient on Lifestyle Change

1. Consider Direct Observation of Resident counseling on lifestyle change. Fill out Med hub eval (see Coaching topics PGY1 #1)
2. Ask resident what patient instructions they give to patients. Review Patient Instructions in Wrap Up tab. (a-d). Review After Visit Summary ( AVS) for patient. (e-f)

e. Find "Preview/Print AVS" in Wrap up Tab

f. Review Content of AVS Printed for Patient

**a. Find Patient Instructions**

**b. Search for Patient Instructions ( DASH, Plate Method)**

**c. View/Edit Pt Instructions**

**d. Write bullet points for Pt**

Instructions from Dr. Oyler

This is what we talked about today in clinic:

1. High blood pressure - start DASH diet
2. Obesity - goal to loose 5 pounds by next visit in 3 months
3. Exercise - 30 min walking 5 times per week

Julie L. Oyler, M.D.

Plan Wra... Pat... Hea... Results Graphs Calculator AVS

**AFTER VISIT SUMMARY**

Ambulatory Cbistest MRN: 3505395 DoB: 11/17/1990

7/11/2022 11:40 AM Primary Care Group 773-702-6840

Instructions from Dr J Oyler, M.D.

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Julie L. Oyler, M.D.

**Today's medication changes**

START taking: **sertraline (ZOLOFT)**

Accurate as of July 11, 2022 11:59 PM.  
Review your updated medication list below.

**Read the attached information**

1. Meal Planning with the Plate Method (General Information) (English)
2. DASH Eating Plan (General Information) (English)

**Ask your doctor where to pick up these medications**

- sertraline 25 mg tablet

**OUTPATIENT REFERRAL TO DERMATOLOGY**

**Labs ordered today**

HEMOGLOBIN A1C  
Please complete by 7/12/2022

**DASH Eating Plan**

**WHAT YOU NEED TO KNOW:**

**What is the DASH Eating Plan?** The DASH (Dietary Approaches to Stop Hypertension) Eating Plan is designed to help prevent or lower high blood pressure. It can also help to lower LDL (bad) cholesterol and decrease your risk for heart disease. The plan is low in sodium, sugar, unhealthy fats, and total fat. It is high in potassium, calcium, magnesium, and fiber. These nutrients are added when you eat more fruits, vegetables, and whole grains. With the DASH eating plan, you need to eat a certain number of servings from each food group. This will help you get enough of certain nutrients and limit others. The amount of servings you should eat depends on how many calories you need. Your dietician can help you create meal plans with the right number of servings for each food group.

DASH Eating Plan

Fruits Grains