

POSTCARD

- to get patients to reflect about diabetes at home



Approx. 5 mins.



Two postcards and guidance



Typically used in a consultation process
To be followed up at the next session



The exercise can be followed up by subsequently visiting the 'Follow-up' exercise
Can be followed by the exercises in the Scrapbook

Preparation: Copy the postcards (download/print from www.steno.dk).

EXERCISE SHEET 5 POSTCARD

POSTCARD

There is a question on each of the two postcards. The idea of the questions is that you should think about them a little before next time. On the back of the cards, you can jot down your thoughts and answers, either as a short story or as bullet points. If you do not wish to write anything, you can tell me about your thoughts on your next visit.

If you had to give good advice to someone who got diabetes, such as a good friend or one of your family, what would it be?

What worries you about having diabetes?

YOUR ANSWER:

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STEP BY STEP

1. Introduce the purpose of the exercise: For patients to consider at home what they most need to know about having diabetes and any concerns they may have about having it.
2. Say for example: "I am now going to introduce an assignment for you to take home. I hope you will take a look at it before your next session. I will tell you briefly what the assignment is about and I will also give you brief guidance notes to take with you. You get two postcards with a question on each. The assignment is for you to think about the two questions and possibly write something down before we see each other next time."
3. Show the postcards. Read the questions aloud. The first question is: "If you had to give some good advice to a friend or someone in your family who gets diabetes, what would that be?" The second question is: "What concerns do you have about having diabetes?"
4. Tell patients that they can answer either by way of a short story or in bullet points on the postcards. If patients do not want to write, it is alright for them to prepare to talk about their thoughts at their next session.
5. Ask how patients understand the assignment. Consider getting patients to repeat the assignment in their own words.
6. Finally, ask if it is quite alright for patients to take the postcards home with them to look at and possibly complete.