

LET'S PRACTICE!
Mock Initial Nutrition Counseling Appointment
Peer Nutrition Counseling



What feels *right*? What would you change? It needs to feel like you.

Subjective information (S) – what your patient tells you;
Objective information (O) – data you've collected

#1

You have made an appointment for PNC for counseling – when calling you said you had **high cholesterol**.

Use this information for your mock interview:

S: You had your cholesterol checked at the SHC and the level was 220 mg/dl and LDL was 130 mg/dl. You did not write down HDL level. You wonder if you weigh too much. You eat where you work which is Jack in the Box. You like special coffees from Starbucks. You live at home. You take a multivitamin each day. You often wake up at night with heartburn.

O: Ht: 5'8 inches, 190#

#2

You have made an appointment for PNC for counseling – when calling you said you wanted to learn how to **eat a healthy diet**.

Use this information for your mock interview:

S: You live in the dorm and have cooking facilities. Usually you do not eat breakfast but do drink a Coke or a Diet Coke while walking to your 9:00 class each morning. During the day, you find something to eat on campus. You try to eat a healthy dinner. While studying, you like to munch on something. You stopped smoking on Jan 1st! You are afraid you are gaining weight.

O: Ht: 5'8 inches, 120#: usual body weight is 115##3

You have made an appointment for PNC for counseling – when calling you said you wanted to learn how to learn how to eat healthy and have more energy.

#3

You have made an appointment for PNC for counseling – when calling you said you wanted to learn how to **eat healthy and have more energy**.

Use this information for your mock interview:

S: You live at home with your parents. Your Dad fixes a healthy dinner each evening. You sometimes eat breakfast and usually go to Subway for lunch. You think you may have lactose intolerance because you usually have cramps if you have milk or a latte.

O: Ht: 5'8 inches, 150#

#4

You have made an appointment for PNC for counseling – you want to get pregnant this semester and wonder if there are any special foods you should be eating.

Use this information for your mock interview:

S:

You live at home and usually eat three meals a day. You have been drinking 3 glasses of milk a day and eating more whole grains.

O: Ht: 5'4 inches, 175#

#5

You have made an appointment for PNC for counseling – when calling you said you wanted to learn how to learn how to **eat healthy and have more energy**.

Use this information for your mock interview:

S:

You live at home with your parents. Your dad fixes a healthy dinner each evening; you sometimes eat breakfast and usually go to Subway for lunch. You go to the Fitness Center M, W, F for a cardio workout and use weights daily at home. You want to make sure you are **getting enough protein** to increase muscle mass. You think you **may be losing wt.**

O: Ht: 5'5 inches, 140# - you used to weigh 150# last semester

#6 You have made an appointment for PNC for counseling – the MD at the Student Health Center said you should come in because your **fasting blood glucose was 130 mg/dl.**

Use this information for your mock interview:

S:

This is your first semester at CSUN; your parents live in Arizona and your mother had diabetes and is overweight. You live on campus and have a busy schedule. You do not plan meals because you are not really sure what to eat. You have a refrigerator and can shop at Trader Joe's. You walk from campus to classes but that is the only exercise you get.

O: Ht: 5'1 inch, 145 #. You take a iron tablet and multivitamin which the doctor prescribed because you are anemic.