

## Case Example One

### Example 1.

#### The use of EMRs initiate self-care discussion

D= Doctor, P= Patient

P. I noticed, I hadn't weighed myself till right now, ugh well, I think the last time I was here I think last time it was at 230 right?

D. You're up [looking at patient's EMR] about 4 lbs from what you were last time.

P. Oh I thought it was at 230, I thought it was at 240 now,

D. I looked back just before you came in.

P. 236 ugh?

D. 336.

P. I wish it was 236.

D. Yea that would be good. Right? That 100 lbs less that would be good news. Are you walking?

P. Yea, a little bit.

D. How much.

P. Oh I'd say about 15 minutes out there in my back yard and the alley behind my house.

D. How many times a week?

P. Oh I'd say every other day.

D. OK, we must to push that, we must to increase that; you need to build up to at least 30 minutes of brisk walking every day.

P. And Ugh, I was here the 6th of June, and I got an injection for my knee and

I was supposed to get some medication but I never did get it. Is there anyway you can check it there and if they put it down?

D. Let me see [looking at the computer].