Example: Social Sciences: Communication and Interpersonal Skills

A 26-year-old woman comes to the physician with her husband for counseling prior to conception. Her mother and three of her five siblings have type 2 diabetes mellitus. She is 170 cm (5 ft 7 in) tall and weighs 82 kg (180 lb); BMI is 28 kg/m2. Her blood pressure is 148/84 mm Hg. Physical examination shows no other abnormalities. Her fasting serum glucose concentration is 110 mg/dL. Which of the following is the most appropriate initial statement by the physician?

A. “Let’s review ways you can optimize your own health before conceiving.”
B. “We should test you for islet cell antibodies before you try to conceive.”
C. “You can conceive right away since you are in good health.”
D. “You should avoid gaining weight during pregnancy because you are already overweight and at risk for type 2 diabetes mellitus.”
E. “You should have no problems with your pregnancy if you start insulin therapy.”

(Answer: A)