

## **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/m<sup>2</sup>. 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)