



## Family Medicine Moments

October 5, 2023

Introduction: This week I have a story from Merredith Moreau, a nurse practitioner who works with me at the Homeless Outreach and Advocacy Program at the Family Health Center of Worcester. She told us this story at one of our staff meetings where we share successes to remind us all why we do this work. I also love this reflection as it is exactly what the Family Medicine Moments was intended for - to celebrate our little triumphs that we garner each day, each week, year by year, moment by moment. This is our antidote to burnout - this moment that Merredith has captured below is what helps us to thrive. Pure joy. Enjoy.

### Getting Back in the Saddle

By Merredith Moreau

I am an NP at Homeless Outreach and Advocacy Program of Family Health Center. It was one of my telehealth days and I was mundanely calling patients one by one. She quickly picked up the phone and sounded very excited.

**“I’m doing so well on the Trulicity!”**

Trulicity, the weekly injection that I started prescribing for diabetes and weight loss was having a positive effect. She combined diet, exercise and the smallest dose of this medication to improve her blood sugars and lost a substantial amount of weight over the past several months.

**“People can’t believe how much weight I have lost!”**

The sound in her voice was not only happy, but the kind of joy that invites optimism for the future. She started talking about the things that she wanted to do for herself to bring more joy into her life. Finding these moments in our clinical work can be few and far between.

**“I decided to change my diet, and I’m walking 3 times a day now.”**

I have always worked for underserved and homeless populations and found diabetes management to be among the most challenging aspects of primary care. I eventually wanted to deliver more effective treatments for diabetic patients, so I later became Board Certified in Advance Diabetes Management and then received further training at Joslin Diabetes Center.

**“And I can get back on Jasper again!”**

This was her last statement on the phone. I later learned some more creative interpretations, however at the time I was very confused. With gentle consideration I begin to probe, “Who is Jasper?” And she explains that Jasper is “the horse.” There is a horse named Jasper that they allow group home members to ride. However, the horse understandingly “has a weight limit.” The patient is so happy that she can get back on the horse again, now that she is finally below the weight limit.

I was thankful to share this moment of joy with her. Guard these moments, as they are few and far between.

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