



Name: Kim Nukunuku

Age: 46

Gender: Male

Occupation: Track Driver

Ethnicity: Maori

Education level: Primary

Interests & Hobbies: Spending time at home with his kids, watching TV at home when not working. Fishing by the dock during the weekend.

Description of persona:

Kim diagnosed Type 1 Diabetes two years ago. He tried to attend the DAFNE course, but the intensity of the course turned him down, he quit the course after the second day. He knows the basics of carb counting and his insulin to carbohydrate ratio. Kim quit school after when he was 10, therefore his literacy and numeracy skills are poor which affect his capability to do the calculation himself.

As he is a truck driver, he works different shifts, therefore he is taking basal and bolus injection to give himself more flexibility on what time he is going to have meals.

Therefore, he tried to keep his diet as same as possible so he does not need to worry about the insulin dose calculation for every single meal. He can just take the suggested amount of insulin dose from the dietician based on what he eats everyday. However, it gets hard when he is dining out.

Kim recently returned to the Diabetes Clinic, because he realised his blood glucose level is always high even though he is taking the “right” amount.

Rachel, the dietician said he is not taking the right amount of insulin. For example, he should add an extra unit when he is having an extra slice of bread. Kim is really confused, he is trying his best but there are many considerations.

Sometimes he wanted to give up, but thanks to his family for being very supportive, his family is the motivation for him to maintain his health.

Requirements:

Kim needs a tool that can help him to calculate insulin dose when he is not having something that he does not usually have.