



# DIABETES TYPE II MANAGEMENT

The goal of the Multidisciplinary Team is to provide continuous, supportive, and aggressive care throughout the course of this disease. The consumer is the vital link

1. Diagnosis: Medical History and physical- risk assessment
  - PCP directed blood workup
    - i. Fasting Blood Glucose
    - ii. Glucose Tolerance Tests to help make diagnosis
    - iii. A1C
    - iv. Complete Blood Count (CBC) and Cholesterol levels
  - Urinalysis to check for protein and creatinine
  - Weight and fat distribution
  - Check blood pressure each visit
  - Skin and feet check each visit
  - Check mouth each visit, a dental exam may be ordered
  - Check eyes, an eye exam may be ordered
  - Psychosocial assessment, may result in a consultation with a Behavioralist or Psychologist
2. Diet: Dietician Consult
  - Performs a nutritional assessment
  - Co-ordinates with PCP, consumer, and other doctors this consumer sees.
    - i. Regarding medication prescribed and potential food/drug interactions
    - ii. Regarding any special dietary needs and or restrictions based on other health issues
  - Develop an individualized dietary management plan (written)
    - i. Coordinating with consumer regarding food preferences
    - ii. Coordinating dietary needs and meal timing with Direct Care Staff (SC and/or family)
    - iii. Teaching staff and consumer regarding dietary diabetes management and this diet plan
    - iv. Monthly assessment regarding effectiveness of this plan (when diabetes is stable service needs will decrease)
3. Education to recognize this consumer's symptoms of hypo- and hyperglycemia and treatment plan for each

4. Developing an overall Diabetes Management Plan (IT TAKES ALL MEMBERS OF THE TEAM)
- Consumer oriented education regarding Diabetes and their role in developing this plan
  - Physical Activity Plan (OT and maybe PT)
  - Meal Planning to include timing of meals and snacks (use dietary management plan)
  - PCP with staff input develop Protocol for low/high blood glucose management
  - Start Assessment charts with base line information
    - i. Blood Glucose –Accu checks (as ordered) Know parameters to include frequency, when to report results to physician and what to do if levels are out of ‘parameters’
    - ii. A1C level – every 3 months
    - iii. Cholesterol level – twice a year or as directed
    - iv. Urinalysis – Kidney function assessment once a year (urine test for protein and blood test for creatinine)
    - v. Shot record
      - Flu Shot once a year
      - Pneumonia vaccine – if over 64 and not done in past 5 years or there are other risk factors
    - vi. Weight Chart- (get physician direction for frequency, minimum of monthly)
    - vii. Blood pressure chart
    - viii. Daily skin and foot checks
    - ix. Oral checks daily
    - x. Make an appointment calendar for all tests and physician visits
  - Update all the consumer’s circle of supports to include Family and
    - i. Pharmacist
    - ii. Dentist—Exam and cleaning every 6 months (check for denture fit)
    - iii. Ophthalmologist -- Dilated exam yearly
    - iv. ADT Program/ Supported employment
    - v. NRSS, and other services this consumer receives
    - vi. All other Health Care Providers and direct care staff
  - Diabetes education for consumer and all direct care staff

Goals (Doctor determined) should include:

- Weight within a healthy normal range for age, height, and body build
- Normal blood pressure (< 130 over < 80)
- Annual dilated eye exam indicates healthy eyes
- Annual dental exam indicates healthy mouth and teeth
- Physical exam without abnormal findings
- Yearly flu shot, and other vaccinations per doctor's directions
- Kidney function tests (protein and creatinine) indicate normal function
- Cholesterol levels
  - Total cholesterol <200
  - LCL < 100
  - HDL >40 for men and > 50 for women
  - Triglycerides < 150
- Lifestyle changes to include a healthy diet and routine exercise
- Blood glucose levels of 90- 100 before meals and under 180 1 – 2 hours after the start of a meal
- A1C level < 7 %
- Adhere to medications as ordered
- Regular exercise appropriate to the consumer
- Understanding and recognizing symptoms of high/low blood sugar and respond in a correct and timely manner
- Stable daily mouth, skin and foot checks



# Diabetes Eye Care

High Blood sugar creates a four-fold increase in the risk for eye damage compared to the individual maintaining blood sugar within the normal range. For those with retinopathy (non-inflammatory disease of the retina of the eye) controlling blood sugar slows disease progression.

High Blood sugar may temporarily cause blurry vision. This is not retinopathy.

Uncontrolled high blood pressure (Hypertension) increases the risk of eye damage.

**ONCE A YEAR SEE AN OPTOMETRIST OR OPHTHALMOLOGIST**

**FOR A DILATED EYE EXAM.** Only these specialists can detect the signs and treat retinopathy.

A consumer with one or more of the following symptoms needs to see an eye care professional:

- ❑ Blurry Vision
- ❑ Trouble reading signs, books
- ❑ Difficulty focusing eyes
- ❑ See double
- ❑ One or both eyes hurt
- ❑ Whites of the eye(s) become red and stay that way
- ❑ Complains of pressure in eye(s)
- ❑ Complains that eyes are tired
- ❑ Sees spots
  - Dark or floating or blank spots
  - Rings or flashes of light
- ❑ Straight lines do not look straight
- ❑ Can not see things in side vision as well as in the past

Eye damage could include GLAUCOMA. This involves increased pressure in the eye and may cause eye pain.

A CATARACT is a cloud over the lens of the eye that is usually clear.

Uncontrolled diabetes increases the risk of both glaucoma and cataracts.

## PREVENT DIABETIC FOOT ISSUES:

Causes: Higher than normal blood glucose over a period of time (length of time varies) may cause damage to blood vessels and nerves.

Nerve damage (Diabetic Neuropathy), which may occur in nerves in other areas of the body, often occur in the legs and feet, reducing the ability to feel discomfort or pain in the lower legs and feet.

Poor blood flow to the legs and feet (Peripheral Vascular Disease) is another issue that may occur by itself or more frequently along with nerve damage. Poor blood flow makes it hard for injuries to heal.

A blister from ill-fitting shoes that is not felt by the consumer could lead to serious problems. Poor blood flow slows healing, increasing the risk for infection, and higher than normal blood glucose levels feed the infection. Antibiotics are slower to reach the area and the result is a difficult to heal infection. Once in a while an infection reaches deep and spreads and may not heal. Surgical intervention may then be needed.

Check any symptoms your consumer has or those you suspect, Report these to the physician

- Decreased sensation of heat?
- Decreased sensation of cold?
- Feet swell in the evening? (Encourage consumer to elevate feet when sitting in the evening, and discourage from crossing legs)
- Has this consumer had a cut, bruise, bug bite, stubbed toe or other minor injury to the feet that is not felt?
- Does it take longer than normal for a blister or cut on the feet or lower legs to heal?
- Has this consumer had a foot injury that gets infected (red, warm, swells, drains white or yellow thick secretions)?
- Corns
- Calluses

- ❑ Ingrown toenails
- ❑ Foot rashes
- ❑ Toenail thickening and/or discoloration
- ❑ Dry cracked skin
- ❑ Enlargement or deformity of ankle and toe joints



CONSUMER: \_\_\_\_\_

Doctor name and number: \_\_\_\_\_

## LOW BLOOD SUGAR

Check all symptoms this consumer shows

### MILD

- Hungry
- Shaky
- Weak
- Pale
- Anxious
- Irritable
- Dizzy
- Sweating
- Drowsy
- Personality change
- Can't concentrate
- 
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### MODERATE

- Headache
- Behavior Changes
- Poor Coordination
- Blurry Vision
- Weakness
- Slurred Speech
- Confusion
- 
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### SEVERE

- Loss of Consciousness
- Seizures
- Cannot Swallow
- 

**ACTION NEEDED:** Notify supervisor, do an accu check following diabetes medical management plan. When in doubt treat for hypo (low) blood sugar.

Mild: \_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

Moderate:

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\_\_\_\_\_

Severe: Do not give anything by mouth

Position on Side if Possible  
Stay with the consumer  
Call 911 Or Nurse if readily available  
Call other contact numbers listed below

CONSUMER: \_\_\_\_\_  
Doctor name and number: \_\_\_\_\_

## HIGH BLOOD SUGAR

Check all symptoms this consumer shows

### MILD

- Thirst
- Frequent urination
- Tired/Sleepy
- Hungry
- Blurred Vision
- Weight Loss
- Stomach hurts
- Flushed skin tone
- Hard to
- Breathe smells sweet
- Can't concentrate
- 
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### MODERATE

- Mild symptoms Plus
- Dry Mouth  
breathe
- Nausea
- Stomach cramps
- Vomiting
- Dry itchy skin
- 
- 

### SEVERE

- Mild + moderate  
symp.
- Hard to
- Very Weak
- Confused
- Unconscious

**ACTION NEEDED:** Notify supervisor, do an accu check following diabetes medical management plan. When in doubt treat for hypo (low) blood sugar.

Mild: \_\_\_\_\_  
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\_\_\_\_\_  
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Moderate: \_\_\_\_\_  
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\_\_\_\_\_  
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\_\_\_\_\_

Severe: Do not give anything by mouth

Position on Side if Possible  
Stay with the consumer  
Call 911 Or Nurse if readily available  
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