Older Adults and Diabetes

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Diabetes and Elderly Objectives

- Overview
- Individualizing goals
- Strategies to maximize quality of life
- Self-management considerations
- Diabetes Educator as advocate
12. Older Adults

- Asses the medical, functional, mental and social geriatric domains for diabetes.
- Provide individualized care
- Determine targets and therapeutic approaches
- Over age 65, high risk for depression
- Provide nursing home staff with education
Poll Question 1

- What percent of the population over the age of 65 has type 2 diabetes?
  
  A. 9.3%
  
  B. 18%
  
  C. 26%
  
  D. 34%
Older People and Diabetes Stats

- Rate of older population with diabetes growing rapidly in coming decades.
- Diabetes prevalence to double in next 20 years, in part due to the aging population.
- 26% of Americans age 65 or older have diabetes (11.8 million seniors).
- 50% of older adults have prediabetes.
- Adults 75+ highest rates of complications: myocardial infarction, amputations, visual impairment, kidney disease.
## Life Span of Older Adults in United States

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<th>Age Years</th>
<th>Additional yrs of Life Expected</th>
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Older People with diabetes

- Are often
  - Undertreated and
  - Overtreated
When does old age start?
When Does Old Age Start?

- "The aging process is a biological reality which has its own dynamic, largely beyond human control."
- Age is also subject to the constructs of each society. (WHO)
- In the developed world, 60 or 65, is said to be the beginning of old age (retirement)
- In developing world, old age is seen to begin at the point when active contribution is no longer possible." (Gorman, 2000).
Consider the Individual

- **Start with a thorough assessment**
  During the initial interview, ask questions to reveal medical, functional, mental and social domains.
- This will help to provide a framework to determine realistic targets and best treatment approaches.
Consider the Individual

- Eval ability to afford diabetes medication, food and shelter.
- Well phrased questions can provide opportunities for sharing and collaborative problem solving.
Poll Question 2

- A daughter of an 83 year old with diabetes asks you about what particular issues to watch for with her mother? Which of the following is most important to monitor for her older mother with diabetes?
  - A. Hypoglycemia
  - B. Ability to send an urgent text
  - C. Keeping morning BG 80-130
  - D. Making sure she has a 30gm snack at night
Pay Particular Attention

- Screening for diabetes complications should be individualized in older adults, but particular attention should be paid to complications that would lead to functional impairment.
Functional Considerations – Older Adults with Diabetes

- Peripheral Neuropathy in 50-70%
  - Postural instability which limits physical activity
- Falls and Fractures – higher risk w/ diabetes
  - Women at risk for hip and humeral fractures
  - Consider physical therapy, balance practice
- Polypharmacy – 6 or more drugs daily
  - Affordability, interactions, increased risk of falling
- Visual impairment in 20%
- Hearing impairment twice as common
Older Adult Assessment

- Take note of initial presentation
  - Mobility and gait
  - Skin integrity and tone
  - Oral care, teeth, breath
  - How are they dressed?
  - Sneak a peak at their feet
  - Affect
  - Who they bring/not bring to appt
  - Other
Treatment Goals based on:

- Length of time living with diabetes (new onset, undiagnosed for many years or longer history)
- Presence or absence of complications
- Comorbidities
- Degree of frailty
- Cognitive function
- Life expectancy (often longer than expected)
- Functional status
Poll Question 3

RT, is a healthy 74 year old who is on metformin 1000mg BID. He has had diabetes for 11 years. His latest A1c was 7.3% What is your response?

A. Good job, let’s get the A1c less than 7%
B. Have you been snacking more than usual?
C. What do you think about your A1c level?
D. Let’s add on another medication to get your A1c to target.
Healthy & Good Functional Status

- Set more intensive goals if:
  - Good cognitive and physical function
  - Expected to live long enough to reap benefits of intensive management,
- Ongoing follow-up to eval safety and hypoglycemia frequency

- Goals:
  - Reasonable A1c goal <7.5%,
  - Fasting BG 90 – 130
  - Blood Pressure < 140/90
  - Statin unless contraindicated or not tolerated
Poll Question 4

- HR is a 78 year old with a stroke and limited cognition. She has had diabetes for 8 years and is on intensive insulin therapy: Humalog coverage at meals and Lantus at night. Her A1c is 6.2%. She has a part time care taker. What do you suggest?
- A. Evaluate food intake
- B. Discuss de-intensifying insulin regimen
- C. Move Lantus to morning
- D. Stop insulin and start on oral medications
For older adults with
- advanced diabetes complications,
- life-limiting illnesses
- substantial cognitive, functional impairment.

Less likely to benefit from reduced risk of microvascular complications
At higher risk of hypoglycemia, hypotension and adverse effects from polypharmacy
Patients with Complications and Reduced Functionality - Less Intense Goals

- Adjusted based on shared decision making and safety.
- Keep it realistic
- Consider DE-Intensification

Goals:

- Reasonable A1c goal <8.0%
- Fasting BG 90 – 150
- Blood Pressure < 140/90
- Statin unless contraindicated or not tolerated
Very Complex Pts with Poor Health

- For people with:
  - limited life expectancy and end stage chronic illnesses
  - moderate-to-severe chronic functional or cognitive issues

- Focus on quality of life and avoidance of hypo & hyperglycemic crisis.

- Goals:
  - Reasonable A1c goal <8.5%,
  - Fasting BG 100 – 180
  - Blood Pressure < 150/90
  - Consider likely benefit of statin unless contraindicated or not tolerated
Shared Decision Making

- For all these situations, a patient-centered approach and shared decision making can help establish goals and treatment strategies that are reasonable for the patient, family and provider.
ADA Recommendations - Depression

- Older Adults (65 years of age) with diabetes should be considered a high-priority population for depression screening and treatment.
Poll question 5

Which of the following is true about diabetes and depression in older adults?

- A. Most older adults with diabetes are depressed.
- B. Older adults with diabetes are at low risk for depression.
- C. Older adults should be evaluated for depression
- D. Alcoholism is the most common symptom of depression in older adults
Older Adults (≥65 years) with diabetes

- Annual screening for early detection of mild cognitive impairment or dementia
- High priority population for depression screening and treatment
- Avoid hypoglycemia in this high risk group
  - Prevent hypo by adjusting glycemic targets and adjusting pharmacologic interventions
Psychosocial Issues
“Integrity vs. Despair”

- 15-20% of older adults w/ DM have depression
- Assess for s/s of depression
- Assess other factors that may impact QOL
  - lack of income
  - isolation
  - loss of spouse
  - limited mobility
  - alcohol abuse
Depression Assessment

**Depression:**

- Over the last 2 weeks, have you felt down, depressed or hopeless?
- Over the last 2 weeks, have you felt little pleasure in doing things?

**Depression**

- Pt. Health Questionnaire (PHQ-9) in resources page
- Beck Depression Inventory (BDI)
- Symptom Checklist (SCL-90)

**Referral to Mental Health:**

- Refer to therapy (list ready!)
- Pharmacologic TX
  Anti-depressants: (2-8 weeks to work)
NeuroCognitive Function

- Hyperglycemia is associated with cognitive function decline
- Longer duration of diabetes worsens cognitive function
  - Vascular Dementia
  - Alzheimer’s
- Perform annual cognition screen

Treatment:
- Refer to specialist for assessment
- Achieve optimal BG control
- Pharmacist to evaluate drug safety and potential drug interactions
- Keep physically active
Human gut microbiota: the links with dementia development. Protein & Cell 2017 Alkasir, Li, Li, Jin, Zhu
CV Risk Reduction – Older Adults

- When treating cardiovascular risk factors consider time frame of benefit and the individual patient.
- Hypertension treatment is indicated in virtually all older adults
- Lipid-lowering and aspirin therapy may benefit those with longer life expectancy
Goals – Keeping it in Perspective

- Greater reductions in death and complications may result from CV risk factor reduction than tight BG control alone
- Strong evidence to treat HTN
- Less evidence for lipid lowering and aspirin therapies
- Research ongoing
ADA Recommendations – Long Term Care Facilities

- Patients with diabetes residing in long-term care facilities need:
  - careful assessment to establish glycemic goals
  - make appropriate choices of glucose-lowering agents based on their clinical and functional status.
  - Evaluation of frequency of BGM
Long Term Care Consideration

- Staff training - Consider diabetes education for long-term care facilities to improve care.
- Nutrition – at high risk for under-nutrition.
  - Tailor diet to culture, preferences and personal goals.
- Hypoglycemia – more vulnerable to hypo.
  - Due to multiple comorbidities.
- Ongoing eval.
  - Federal guidelines – MD must assess pt every 30 days for 1st 90 days, then once every 60 days.
  - Pt may be experiencing hypo/hyper without tx change.
Poll question 6

- When should an older adult contact their provider?
  - A. If blood sugars are above 180 twice a week.
  - B. If blood sugars go below 70 one time.
  - C. If morning blood sugars are consistently 100 - 130
  - D. If post meal blood sugar goes above 300 once
Hypo and When to Contact Provider

- Avoid hypoglycemia in older adults – associated with cognitive decline, falls, arrythmias.
- Screen for hypo on regular basis
- Prevent and determine cause
- Make needed med /food adjustment
- When to Contact Provider – Hypo/Hyper Guidelines:
  - BG < 70 - Call provider immediately
  - If BG 70 – 100
  - BG > 250 within 24 hr period
  - BG > 300 on 2 consecutive days, unusually high BG
  - Pt sick, risk of dehydration and/or hyperglycemic crises
Reducing Risk of Hypo

- Evaluate Kidney function
  - If creat >1.4, GFR < 60
    - Give long acting insulin in morning
    - Made need lower dinner bolus insulin
    - Avoid long acting sulfonylureas –
      - glipizide best choice in am
  - Hypoglycemia awareness and action
- Activity
- Nutritional status
- Ongoing monitoring and problem solving
ADA Recommendations – End of Life

- Overall comfort, prevention of distressing symptoms, and preservation of quality of life and dignity are primary goals for diabetes management at the end of life.
ADA Recommendations – Palliative Care

- In older adults with diabetes,
  - strict blood pressure control may not be necessary, and withdrawal of therapy may be appropriate.
  - Similarly, the intensity of lipid management can be relaxed, and withdrawal of lipid-lowering therapy may be appropriate.
  - Avoid glucose extremes to prevent hypoglycemia or hyperglycemic crisis.
Older Adults – Individualized Assessment

- Social support
  - Who do they live with?
  - Anyone helping with self-care?

- Finances
  - Housing, food, transportation

- Activity, Nutrition

- Medications
  - Types
  - Can they afford?
Physical Inactivity for U.S. Men and Women, 2000 (Percent Inactive)
Physical Activity Benefits for Older Adults

- Lower overall mortality.
- Lower risk of:
  - coronary heart disease.
  - colon cancer.
  - diabetes.
  - high blood pressure.
  - obesity.
  - falls and injury.
  - Alzheimer's.

- Improves:
  - Mood, relieves depression.
  - Improved QOL / function.
  - Function in persons with arthritis.
  - Mental clarity.

National Institute on Aging
Google Go4Life
Exercise ideas
Videos
Resources
Nutrition Considerations for Older Adults

- Asses for underweight
- Smaller more frequent meals
- Fortify usual foods
- Adding liquid nutrition supplement
- Identifying community resources (meals on wheels, Senior Centers, etc.)
- Encourage fluid intake
- Snacks as needed
- Cultural preferences and palatability
JR tells you she is avoiding carbs to get her A1c less than 6.5. She is 76 and her BMI is 22. She is on no medication. What is the best approach?

- A. Instruct her to eat a minimum of 45 gms of carb per meal.
- B. Explore her reasons for avoiding carbs
- C. Gently suggest she start diabetes medications.
- D. Give her handouts on healthy carbs.
Older Adults at Risk for Malnutrition

Due to:

- Altered taste and smell
- Swallowing difficulties
- Oral/dental issues
- Functional difficulties shopping for/preparing food
- Anorexia
- Overly restrictive eating patterns - carb deprivation
  - Self-imposed or provider/partner directed
MALNUTRITION: AN OLDER-ADULT CRISIS

$51.3 Billion
Estimated annual cost of disease-associated malnutrition in older adults in the US

Up to 1 out of 2 older adults are at risk for malnutrition

20% to 50% of patients are malnourished or at risk for malnutrition on hospital admission

300% The increase in healthcare costs that can be attributed to poor nutritional status

4 to 6 days How long malnutrition increases length of hospital stays

Chronic health conditions lead to increased malnutrition risk

Malnutrition leads to more complications, falls, and readmissions

Screen all patients
Assess nutritional status
Diagnose malnutrition
Intervene with appropriate nutrition

Focusing on malnutrition in healthcare helps:
- Decrease healthcare costs
- Improve patient outcomes
- Reduce readmissions
- Support healthy aging
- Improve quality of healthcare

Support policies across the healthcare system that defeat older-adult malnutrition.
Learn more at www.DefeatMalnutrition.Today

References:
Obesity and Older Adults

- Obesity prevalent
- Increases decline in physical function
- Increases frailty
- Encourage strategies that combine physical activity, nutrition therapy to promote wt loss

In older adults at increased risk of hypoglycemia, meds with low risk of hypoglycemia are preferred.

Overtreatment of diabetes is common in older adults and should be avoided.

Deintensification (or simplification) of complex regimens is recommended to reduce the risk of hypoglycemia, if it can be achieved within the individualized A1C target.
Medication Factors to Consider

- Construct a tailored care plan
- Social difficulties and living situation
- Assess affordability
- Get meds from one pharmacy
- Keep list of meds on hands
Poll question 8

- KT has an A1c of 7.4%, GFR 52, and had tried to get blood glucose down through exercise and diet. According to ADA Standards, which medication would you first consider?
  - A. sitagliptin (Januvia)
  - B. metformin (Glucophage)
  - C. canagliflozin (Invokana)
  - D. glyburide (Diabeta)
Medications – Insulin Sensitizers

- **Metformin 1st Line agent in older adults**
  - Close monitoring of GFR and Creatinine required, particularly if older than 80 yrs
  - Temporarily hold during acute illness which may compromise renal and liver function
  - Caution in thinner, frail patients
  - Use long acting version to decrease N/V

- **TZDs (Actos and Avandia)**
  - Generally not recommended
  - Avoid these for those with or at risk for
    - CHF
    - Fractures
Medications - Secretagogues

- Sulfonylureas
  - Glipizide is preferred
  - Cause hypo, use cautiously
  - Review signs of hypo, treatment and follow-up
  - Associated with 5-7 lb wt gain
  - Glyburide contraindicated (hypo)
- BG monitoring a must
- If experiencing hypo, contact provider to decrease dose
Medications – Incretin based therapy

- **GLP-1 Receptor Agonists - Injectables**
  - Cost may be barrier
  - Need to be able to inject
  - Consider nausea and potential weight loss
  - CVD? Consider liraglutide or semaglutide

- **DPP-IV Inhibitors - oral**
  - Cost may be barrier
  - Lowers A1c less than 1%
  - Saxagliptin (Onglyza) and alogliptin (Nesina)
    - CHF Warning - These medicines may increase the risk of heart failure, particularly in those who already have heart or kidney disease.
Medications – SGLT-2 Inhibitors

- Benefits of these Glucoretics
  - Can lower weight / BP
  - For those with CVD, Heart failure and Chronic Kidney Disease
    - Consider empagliflozin and canagliflozin

- Considerations
  - Cost may be a barrier
  - Monitor GFR
  - Can cause hypotension, electrolyte imbalances
  - Increased risk of genital infections. Canagliflozin increases risk of amputation.

- Long term experience in older adults limited
Medications - Insulin

Considerations

- Cause hypo, use cautiously
- Review ability give appropriate dose and problem solving for high or low blood sugars
- Can be helpful for leaner adults
- Regular BG monitoring a must
- Eval injection site and dosing
- Make sure regimen isn’t too complex.
- Evaluate affordability
  - Reli-On Insulin, Meter, Syringes at Walmart
  - Reli-On Insulin $25 a bottle

American Diabetes Association Dia Care 2019;42:S139-S147 ©2019 by American Diabetes Association
Blood Glucose Testing

- Can they use their meter?
- Results in log book?
- Do they understand significance of BG?
- Only check as often as needed to achieve blood glucose goals
- For type 2s on orals, Medicare covers 100 strips for 3 months
- Glucose goals may need personalization
  - Not less than 100 in am or before bedtime
What strategies would you use? Who would you teach?

- 82 yr old frail, elderly. Started on insulin and BGM. Poor appetite. A1c 7.8%

- 82 yr old. Swims 3x’s a wk and backpacks. Started on insulin and BGM. A1c 7.8%
Advocating for Older Adults

- Advocate for help with:
  - transportation, shopping
  - social contact
  - negotiation with HC systems as needed
  - Brown bag inspection of meds - polypharmacy

- Base instruction on pt priorities
- Eval cost, access, safety, support before making care recommendations
INDIVIDUALIZE – The Best Strategy for All Ages

- Consider the individual
- Identify polypharmacy/financial problems
- Promote diabetes self-management training
- Recognize emotional distress
- Emotional support – Support Groups
- Realistic goal setting
- Follow-up and resources
What Famous Person with Type 2 Diabetes said:

“Too much of a good thing is wonderful?”
Mae West

Lived into her 80s with Type 2 Diabetes
Hope: Our Best Gift

Thank You
Thank You

Questions:
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