Diabetes Education SERVICES

15 years

Diabetes Boot Camp – Class 2

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Poll Question 1

- What is the preferred approach when providing diabetes education with patients?
  a. Provide patient centered self-management support
  b. Instruct all patients to meet national standards
  c. Highlight risk of complications when goals aren't met
  d. Remind them that insulin treatment can be beneficial.

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Poll Question 2

- According to the American Association of Clinical Endo (AACE), what is the A1c goal?

a. Less than 6.5 for all patients
b. Pre meal blood glucose less than 110
c. A1c less than 7
d. A1c less than 6.5 for healthy patients

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Poll Question 3

- Which study demonstrated that keeping A1c less than 7% reduces complications for Type 1?

a. Diabetes Prevention Trial
b. Diabetes Control and Complications Trial
c. United Kingdom Prospective Diabetes Study
d. YOUTH Trial

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A 78 yr old man, smokes ppd

- A1c was 8.1% (down from 10.4%)
- B/P 136/76 AM BG 100, 2 hr pp 190
- Chol – TG 54, HDL 46, LDL 98
- Meds:
  - Insulin – 16 units Lantus at HS
  - Benazepril 20 mg
  - Metropolol 50mg
  - Warfarin 5mg
  - Actos 15 mg

What class of meds is this patient on?
Any special instructions?
Any med missing?

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Poll Question 4

- 78 year old man (previous slide), A1c 8.1, LDL 98, smokes ppd. Based on ADA guidelines, what med is missing?

a. Sulfonylurea
b. Vitamin D
c. SGLT2 Inhibitor
d. Statin

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Mr. Jones - What are Your Recommendations?

Patient Profile

64 yr old with type 2 for 11 yrs. Hx of CVD. On glyburide 10mg BID.

Labs:

- A1c 6.3%
- HDL 37 mg/dl
- Triglyceride 260mg/dl
- Proteinuria - neg
- B/P 152/94

Self-Care Skills

- Walks dog around block 3 x's a week
- Bowls every Friday
- 3 beers daily
- *What concerns?*
- *Tells you I get shaky a lot?*

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Poll question 5

- Which of the following put Mr. Jones at risk for hypoglycemia?
  a. 3 beers a day
  b. Elevated triglyceride levels
  c. Limited income to purchase food
  d. Hypoglycemia unawareness

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Poll Question 6

What is the most effective way to teach blood glucose monitoring?

a. ask pt to carefully read instructions in the box

b. send patient home with video instruction

c. demonstrate how to use meter

d. review steps and ask patient for return demonstration

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Poll Question 7

- What is the best sick day recommendation for someone with type 2 diabetes?

a. Stop all diabetes medications
b. Test BG every 1-2 hours
c. Continue to take diabetes meds
d. Only drink sugar free beverages

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Poll Question - 8

- Mrs. S is 78 years old and admitted to the hospital with a urinary tract infection. She has type 2 diabetes and her admission A1c is 8.7. Creat 1.5. Her usual medication at home is metformin plus glyburide. Which of the following statements are true during her hospital stay?
  - A. Keep her on metformin/glyburide and monitor BG.
  - B. Hold the glyburide and add sliding scale insulin.
  - C. Continue oral meds and start an insulin drip.
  - D. Hold oral meds and start on insulin therapy.

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Thank You

- Standards of Care
- Glucose goals for kids and during pregnancy

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