

Preventing and Managing Physical Effects of Diabetes

Keeping People Healthy and Productive

Trinette Stanford, NP-C, CDE, MBA

Objectives

- ▶ Explain to clients how to treat low blood sugar
- ▶ List activities that affects blood sugar
- ▶ Assist in constructing a plan of care with the client.

AADE Self-Care Behaviors

Healthy Eating

Being Active

Monitoring

Taking Medication

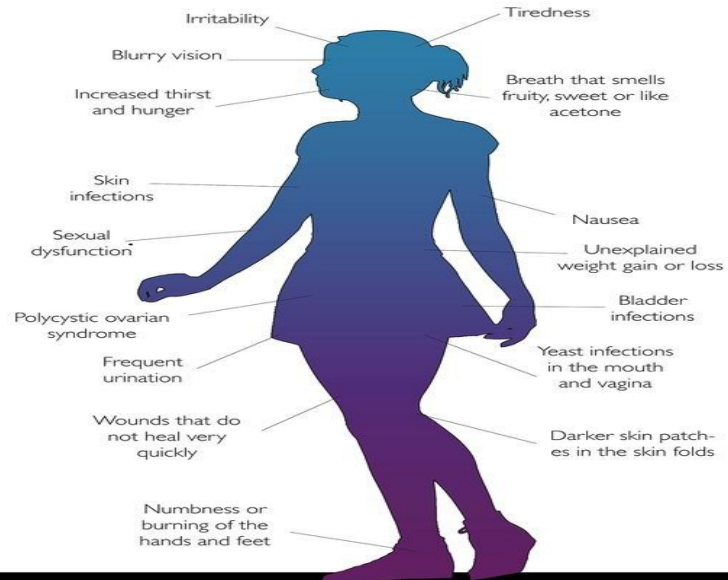
Problem Solving

Reducing Risks

Healthy Coping

diabetes in women

Women with diabetes mellitus often have the same diabetic symptoms when compared to men. There are, however, some symptoms that only appear in women.



DIABETES RISK FACTORS for women

Have a first degree relative (sibling or parent) with the disease

Are obese or simply overweight

Are older than the age of 45 years

Have elevated cholesterol levels

Have hypertension

Have a history of gestational diabetes

Have had a newborn weighing more than 9 pounds at birth

Are of these races: Native American, Hispanic, Native Hawaiian, African-American, Native Alaskan, or Asian-American

Have little exercise, less than 3 times weekly

Have had a heart attack or stroke

Have a history of polycystic ovarian disease

<http://diabeteslibrary.org>

Not a Smooth Path To Treatment



Seek First to Understand

Many circumstances contribute to the cause



economic level, housing, accessibility to healthy foods, accessibility to medications and quality healthcare



Knowledge base - do they know how to shop, cook, meal planning, budgeting

Identify Present Habits and Lifestyle

- ▶ Treat the Individual
- ▶ How to turn the Tide
- ▶ Problems -
- ▶ Diet Habits in the South
- ▶ Little activity
- ▶ Listen, ask pointed/direct questions, then give direction
- ▶ Food preferences - feel - taste-likes- dislikes-cravings

Build a Healthy Person

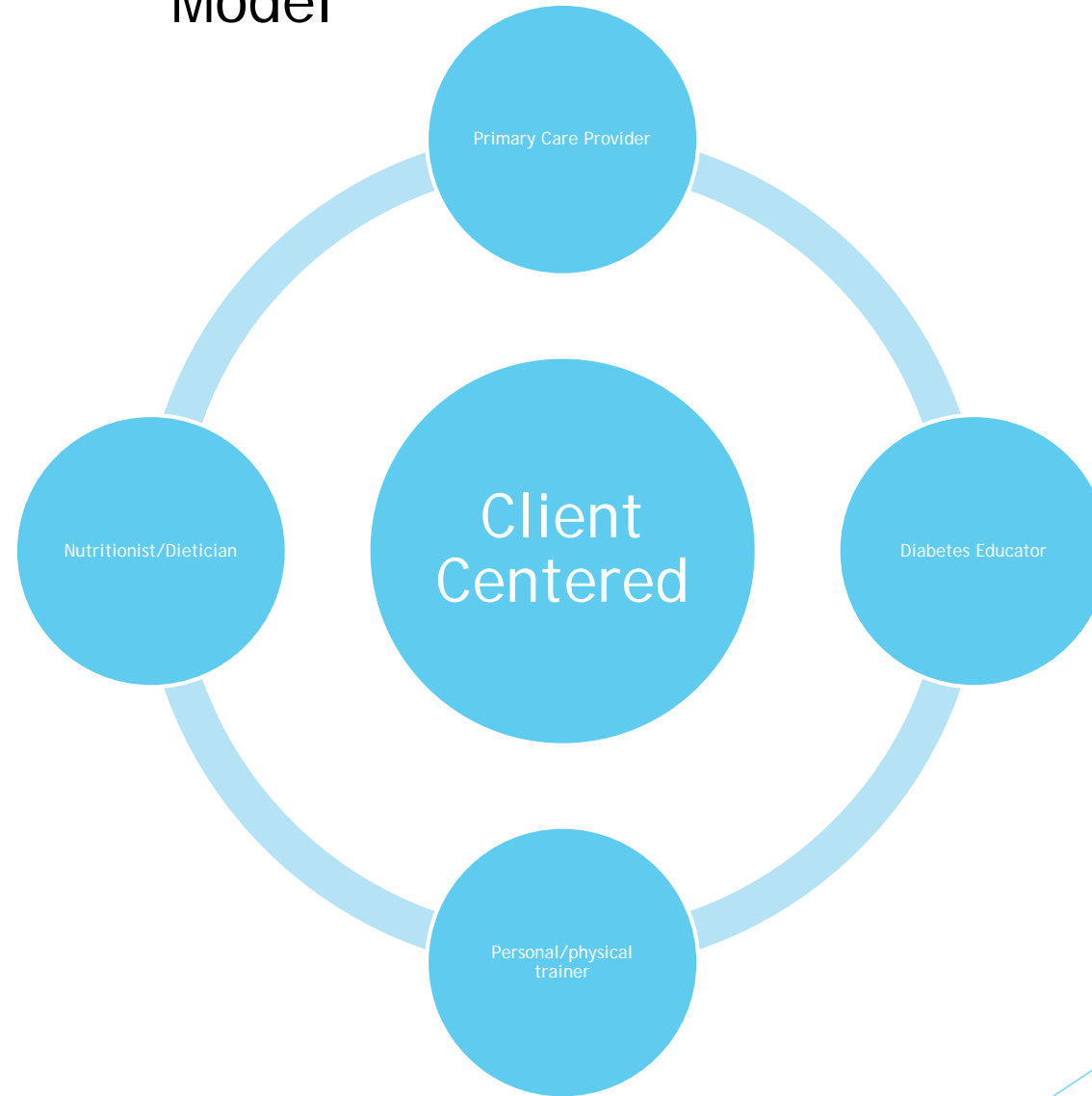
Diabetes has many different looks

- ▶ Person looks healthy - don't assume they are healthy
- ▶ Ask questions - what do you eat, do you eat breakfast, do you eat regularly?
- ▶ What do you drink ?

Avoid generalities and judgement/convictions

- ▶ Client centered care
- ▶ Individuals look for people that they can trust and be transparent
- ▶ Have a conversation to determine what level of care they need.

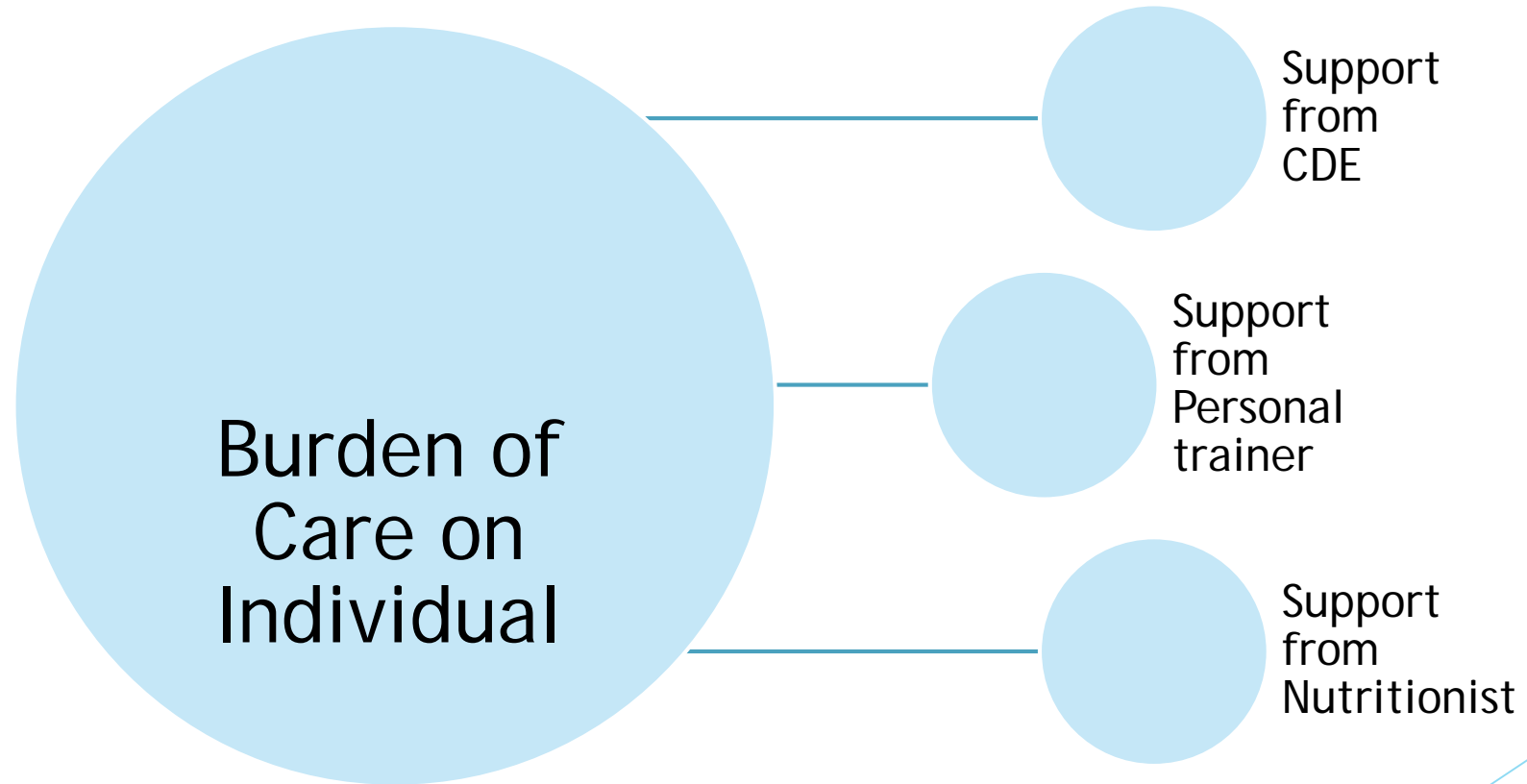
Ideal DSMES Program Model



Model Benefits

- ▶ Improved knowledge of diabetes and self-care management
- ▶ Awareness how to or lowered A1C
- ▶ Increase in physical activity -> weight loss
- ▶ Improved quality of life (QOL)
- ▶ Decrease in all cause mortality risks
- ▶ Healthy coping skills adaptation
- ▶ Healthy individual
- ▶ Decreased healthcare costs

The Client and their support System



Client Centered Care

Barriers To Care

- ▶ Cultural barriers
- ▶ Health literacy
- ▶ Cost of Care
- ▶ Lack of Referral Network
- ▶ Personal barrier

Promotion to Care

- ▶ Referral Network in place
- ▶ Provide access to information
- ▶ Identification of resources
- ▶ Cultural appropriate and age appropriate resources

Identify Habits and Desire to Change

Diabetes has many different looks

- ▶ Person looks healthy - don't assume they are healthy
- ▶ Ask questions - what do you eat, do you eat breakfast, do you eat regularly?
- ▶ What do you drink ?

Avoid generalities and judgement/convictions

- ▶ Avoid placing your personal convictions on a person.
- ▶ Individuals look for people that they can trust and be transparent
- ▶ Determine level of intervention needed

Processed Foods

Avoid as much as possible

Lunch meat

Frozen Dinners

Canned Products

Granola Bars

Fast foods

Soda & Juices



Healthy People 2020 Targets

| Action | Healthy People 2020 Target | Alabama scores |
|--------------------------------|----------------------------|----------------|
| Foot exam | 74.8 | 67.8 |
| Dilated eye exam | 58.7 | 59.3 |
| A1C two times a year | 71.1 | 73.3 |
| Home testing blood sugar daily | 70.4 | 66.6 |
| Diabetes self-management ed | 62.5 | 55.7 |

Monitoring (Hate Those Fingerticks)

- ▶ Encourage clients to check blood sugar at least once a day but vary the times of checking
- ▶ How do they get their testing supplies
- ▶ Meters are cheap - it's the strips that cost
- ▶ Some people just rely on their lab results
- ▶ Proper checking - Wash hands before checking
- ▶ Make sure strips are in date
- ▶ Must store strips and meter properly - avoid extreme temperatures and keep them dry

Being Active

Exercise is Not A Dirty Word

Variety is the Spice of Life

- ▶ Recommendations are 150 minutes/week, minimum
- ▶ Mix it up
walk, run, dance, aerobics, Zumba
HIIT, Tabata, Yoga, Pilates, CrossFit

Examples of Workouts

- ▶ YouTube videos - any type you can think of
- ▶ POPSugar
- ▶ BeachBody
- ▶ Pinterest



Medications – for Diabetes

▶ Orals (Pills)

Metformin

TZDs

Sulfonyureas

SGLT2 inhibitors (Invokana
& Jardiance)

▶ Injectables

Insulin - long acting, intermediate,
rapid onset

GLP1 - non insulin to lower insulin
resistant

Medications – supporting staff

- ▶ Blood Pressure Medication

Lisinopril - to protect the kidneys

Hypertension goes along with T2DM

- ▶ Cholesterol Medication (statins)

Most people with T2DM also have high cholesterol

Problem Solving

- ▶ Hypoglycemia - Blood sugar too low

The Rule of 15 - check blood sugar, if <70,

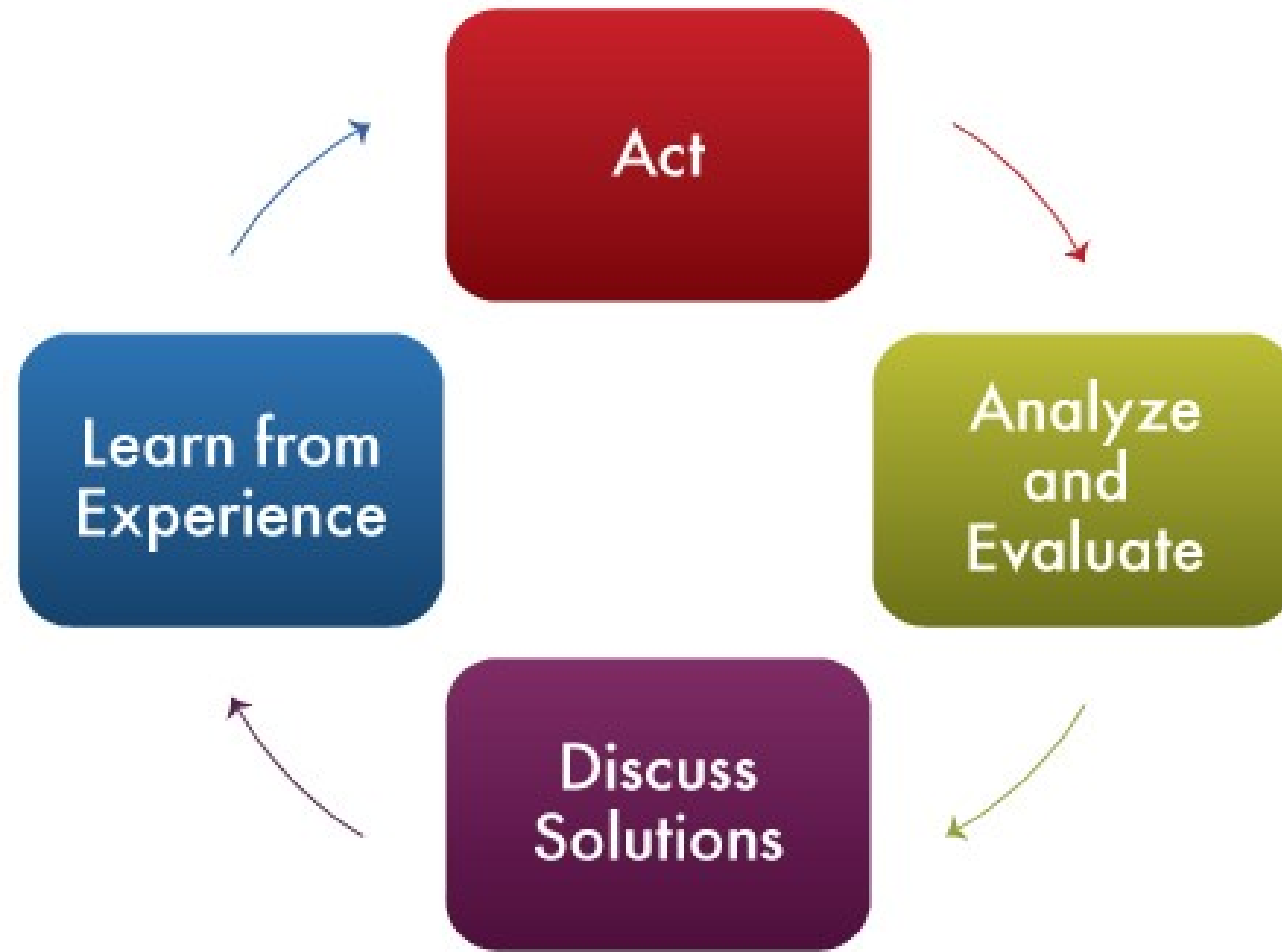
Drink 4 oz of regular soda or orange juice, or eat 2 tablespoons raisins, or one tablespoon sugar, honey or jelly, one glass of milk, or hard candy (check label for amount 15 Gms), wait 15 minutes and recheck. If sugar is normal eat a snack of complex carb and protein to prevent bottoming out again

- ▶ Hyperglycemia - Blood sugar too high, check to see if they took their med. Drink water and go for a walk.

Require Immediate Medical Attention

- ▶ Diabetic Ketoacidosis (DKA) - cause by excessive amount of ketones (acid) in the body and body does not produce enough insulin to lower blood sugar. Usually occurs in people with T1DM but can occur in people with T2DM. Requires emergency intervention and usually hospitalization.
- ▶ Hyperosmolar Hyperglycemic State - similar to DKA without the acidosis. Hyperglycemia that is not responding to typical treatment. Requires emergency intervention for reversal.

THE DIABETES PROBLEM-SOLVING CYCLE:



Problem Solving - Be Proactive

- ▶ Keep a snack kit at all times - hard candies in snack bags for just - in-case
- ▶ Cooler bag with water and snacks
- ▶ Extra socks
- ▶ Keep list of medications at all times
- ▶ MediAlert jewelry - bracelet or necklace

Don't smoke



See your
doctor
regularly



Visit the eye doctor
at least once a year



Don't forget the dentist



Take care of your feet

Listen to
your body



Set your intention

Check blood sugar -

if <100 eat breakfast then exercise

if >100 exercise then eat breakfast

Check feet

Plan out the day - plan meals for the day

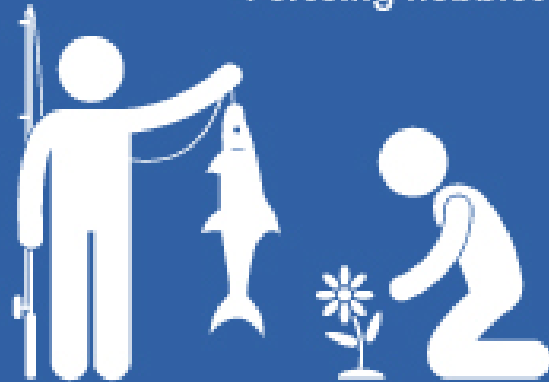
Sweet Steps Method

Being active



Participating in faith-based activities or meditating

Pursuing hobbies



Attending support groups

Reducing Risks

Meal Planning

Budgeting for healthy food

Center on the client - build a plan with them

Make suggestions that guide them back to health

Schedule follow up to keep accountability

Supplements

- ▶ Cinnamon
- ▶ Multivitamin
- ▶ CLA - helps decrease insulin resistance
- ▶ Chromium picolinate - mineral that supports insulin metabolism. May decrease sugar/carb cravings.
- ▶ Flaxseed - increase fiber and add Omega 3 , healthy fat
- ▶ Fish oil - increase Omega 3 healthy fat

totally about diabetes

TRINETTE STANFORD NP-C, CDE

www.totallyaboutdiabetes.com

trinette@totallyaboutdiabetes.com

334-441-7681

