

Risk Factors



Hereditary



Obesity



Age greater than 45yrs



Gestational Diabetes



High blood pressure



High Cholesterol

Diabetes Complication



Neuropathy



Retinopathy



Nephropathy



Heart failure



Diabetic ulcer



Diabetic ketoacidosis

What is Diabetes?

Diabetes is a lifelong disease marked by high levels of sugar in the blood.

TYPES OF DIABETES

Type 1

Is usually diagnosed in childhood. The body makes little or no insulin and daily insulin is required to sustain life. without proper daily management, medical emergencies can arise.

Type 2

Is far more common than type 1 and makes up **90%** or more of all cases of diabetes. it usually occurs in adulthood. Here the pancreas does not make enough insulin to keep blood glucose level normal, often because the body does not respond well to the insulin.

Common symptoms



Fatigue



Un-Explained weight loss



Excessive Urination (Polyuria)



Excessive Thirst (Polydipsia)



Excessive Eating (Polyphagia)



Poor Wound healing



Infections



Altered mental status



Blurry Vision

Education

- How to recognize and treat low blood sugar
- How to recognize and treat high blood sugar
- Diabetic meal planning
- How to administer insulin
- How to monitor blood glucose and urine ketone
- How to adjust insulin or food intake during exercise



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DIABETES



Staying healthy with diabetes

- Advise people with type 2 diabetes lifestyle modification by changing patterns of eating and physical activity. It can effectively control many adverse risks.
- Advise control of food with high amounts of sugar, fats and alcohol.
- Avoid smoking
- For people choosing to use fixed insulin regimen, advise consistent carbohydrate intake at meals.
- Provide advice to the use of food in the prevention and management of hypoglycaemia where appropriate.
- Introduce physical activity gradually based on the willingness and ability. control weight or weight normal level. (exercise).
- Encourage increased duration and frequency of physical activity up to 35-45 minutes on 3-5 days per week.
- Encourage drinking water 8-10 glasses/day.

Self-monitoring of blood glucose level and urine ketone.

- Educate how to use the glucometer and strip.
- Self-monitoring blood glucose is the integral part of self-management education. It is mainly acceptable for insulin therapy.
- Introduce target level or referral range level for capillary plasma glucose level should be <6.0mmol/<110 mg/dl before meals and <8.0. mmol/145mg/dl 1-2 hour after meal.
- Advised urine should be checked for protein and ketone. Protein in urine is an early sign of diabetic nephropathy.

A quick checklist if you are not sure the result is correct

- Is there enough blood on the strip?
- Are your fingers clean?
- If your machine needs precise timing, are you timing correctly?
- Is the strip the right one for the metre?
- Is the calibration code correct?
- Is the strip inserted the right way?
- Is the metre clean?
- Is the battery low or flat?
- Has the strip expired?
- Have the strip been affected by climate heat, light

Insulin Therapy - Using insulin

- Insulin is given by injection beneath the skin where the insulin is absorbed over a period of time.
- Clear insulin acts quickly for a short period of time.
- Cloudy insulin has chemicals with it that slow down the insulin and make it last longer.
- Explain and teach the site of giving insulin injection.
- Explain the needs of self-monitor blood when taking insulin. It is very important to eat if you have taken insulin.

Storage of Insulin

- Insulin should be store temperature below 40 temperature.
- Do not keep insulin in the freezer.
- Insulin is destroyed by heat so must not be left in a car or anywhere temperature exceeds 40 degrees Celsius.

Blood pressure control

- Educate self-monitoring blood pressure.
- Advise lifestyle modification (including weight reduction, reducing salt intake, increasing physical activities, reduce alcohol intake. And smoking.
- Psychological care explores the social situation attitudes, beliefs and worries related to diabetics and self-care issues.

Foot care education

Inspect feet every day. Check whether.
any puncture wounds, pressure areas, specially...

- Tip of big toe.
- Base of little toes.
- Base of middle toe.
- Heel.
- Outside edge of the foot.
- Check sensation on each foot.
- Use mirror to inside of feet.

Care of foot

DO'S:

- ✓ Wash feet daily and dry between toes.
- ✓ Use quality lotion to keep skin moist and soft.
- ✓ Wear high and wide toe box shoes to prevent diabetic foot problems.
- ✓ Use diabetic foot wear.
- ✓ Cut toenails straight across and do not gouge into corners.

DON'TS:

- ✗ Do not go barefoot.
- ✗ Do not wear high heels.
- ✗ Do not excessively soak diabetic feet .Do not use acids or chemicals corn removers on diabetic feet.
- ✗ Do not drink alcohol in excess.
- ✗ Don't smoke.

Diabetic emergencies

Keto acidosis

- Increased thirst & urination.
- Nausea.
- Deep & rapid breathing.
- Abdominal pain.
- Sweet smelling breath.
- Loss of consciousness.

Hypoglycemia

- Trembling.
- Weakness.
- Drowsiness.
- Headache.
- Confusion.
- Dizziness.
- Double vision.
- Unconsciousness.

When to seek medical care

- You are experiencing diabetic symptoms blood sugar level not controlled under treatment.
- Consistently high sugar. (more than 200mg/dl)
- Blood sugar level is often low.
- Injury to foot or leg.
- Persistent nausea, vomiting

Contact us on **1781 2222**
www.bahrainspecialisthospital.com