

## 1: The patient

- Listen to the patient: they manage their diabetes 365 days a year

## 2: Know the basic differences between the types of Diabetes

- People with Type 1 Diabetes need insulin for life
- People with Type 2 Diabetes can be on tablets alone or with insulin
- If the person is on insulin assume they need it!
- Stopping their insulin is likely to seriously harm them

## 3: Blood Glucose Monitoring

- Refer to blood glucose monitoring guidelines & care plan with individualised targets
- Checking blood glucose levels before meals has more value when possible
- Record readings in patient notes: indicate whether pre or post meal
- Patient care plan: review and action blood glucose readings

## 4: Hypoglycaemia (low blood glucose) 4 is the floor

- Hypoglycaemia can KILL
- Identify cause & STOP IT: contact Diabetes Team if unsure
- Know the Hypoglycaemia Treatment Pathway

## 5: Hyperglycaemia (high blood glucose)

- High blood glucose can be serious and will make your patient feel unwell
- Prolonged hyperglycaemia associated with high morbidity & mortality
- Increases risk of recurrent infection & acute hospital admission
- If blood glucose is consistently above 15mmol: Contact GP or diabetes specialist team for advice

## **6: Oral Diabetes Medication**

- Understand how different diabetes tablets work
- Know about potential side-effects of diabetes medications
- Know which diabetes medications can cause hypoglycaemia
- Ensure medications are prescribed at the correct times

## **7: Administer insulin safely**

- Units should be written in full
- Understand the action of different insulin types
- Give at the right time
- Generally, you shouldn't omit insulin-especially background insulin

## **8: Know when to make a referral**

- Patients on a tube feed should already be known to the specialist team
- Refer patients with neuropathy/PVD to podiatry for nail/callus treatment
- Refer all patients with an active foot wound to podiatry

## **9: URGENT referrals**

- Severe/recurrent hypoglycaemia
- Severe/recurrent hyperglycaemia
- NEW foot symptoms: redness/swelling/hot/pain/infection/bone deformity
- Do contact diabetes team if unsure

## **10: Know how to refer to the Diabetes Team/Podiatry**

- Diabetes Centre Poole: 01202 448060 Fax: 01202 442069
- Diabetes Centre Dorchester: 01305 255130
- Diabetes Centre RBH: 01202 704 400 Fax: 01202 704759
- Podiatry Community booking centre 0300 3038630 (choose & book enquiry line)
- Podiatry Poole: 01202 448077
- Podiatry Emergency (Mon-Fri 8am – 6pm) 07900607071
- Podiatry RBH: 01202 704811