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Diabetes Resources

Practical Information for New Mexico Health Care Professionals



A quarterly publication for clinicians caring for people with diabetes - Vol. 15 No. 15, 2011

Diabetes: Managing the Newly Diagnosed

The Issue:

It is a challenge to provide necessary information and support to someone with newly diagnosed diabetes, especially in brief visits. Maximize time spent by focusing on key points.

Key Points to Consider:

- ❖ **Psychological** – Empathize and listen. Acknowledge that the diagnosis will impact their lives. Denial and grief are possible. Referral for behavioral counseling may be necessary.
- ❖ **Education** – Seek and correct misunderstandings. Explain diabetes in an understandable way, provide reading material, and refer to appropriate resources when available. Emphasize that complications can be minimized by good glycemic control and the importance of patient participation in their care plans.
- ❖ **Diet** – Provide reassurance that with good planning, most people can include favorite foods in their individual meal plan. Explain that carbohydrates, while important to include in a healthy diet, have the most influence on blood sugar levels. Explain special “diabetic foods” will not be necessary and that the whole family can continue to eat together. Provide relevant resources and refer to dietitian or CDE.
- ❖ **Physical Activity** – Introduce exercise as a tool to help control blood sugars. Provide relevant resources.
- ❖ **Risks and Co-morbidities** – While not necessarily done in one visit, assess for obesity, sleep apnea, and cardiac, renal, vascular, neurologic function. Screen and address hypertension, dyslipidemia, cigarette smoking.
- ❖ **Blood Glucose Monitoring** – Acknowledge that it can be painful, but that it is vital to living with diabetes. Explain the readings will help evaluate response to diet, activity, and medication. Give specific directions on when to check and how to record readings. Provide specific glucose targets. Explain normalizing glucose level is a gradual process.
- ❖ **Medications** – Determine when beginning medication is necessary. Delaying medication while checking sugars for two or three weeks may help with acceptance of the diagnosis and help you see glycemic patterns. Complete guidance for medication use is beyond the scope of this publication.

Did you know?

Every 21 seconds someone is diagnosed with diabetes.

- American Diabetes Association

In each issue of **Diabetes Resources** we have provided specific information about management for diabetes, including important tests and resources to help reduce complications associated with the disease. Information is included about the ABCs of diabetes: **A1C testing 2-4 times per year, Blood pressure screening at every visit, and annual Cholesterol testing. Additional clinical information is also provided. A dilated eye exam, sensory foot exam and screening for kidney disease are each recommended annually. Attention to these risk factors reduces the chance for cardiac, renal, eye and vascular disease secondary to diabetes.**

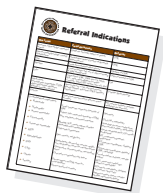
In support of the **New Mexico Adult Diabetes Practice Guideline 2011**, please see the reverse side of **Diabetes Resources** for recommendations for care including resources and tools that can help in your efforts to provide education and support among your patients with diabetes.

Check www.nmtod.org for organizations that have graciously provided funding for **Diabetes Resources**.

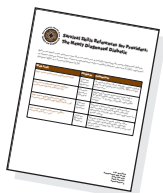
New Mexico Health Care Takes On Diabetes, a New Mexico non-profit corporation, is a broad coalition of New Mexico's diabetes care professionals, New Mexico Health Plans, the New Mexico Department of Health, and the New Mexico Medical Review Association, with technical and administrative support from the American Diabetes Association.

Resources for Clinicians

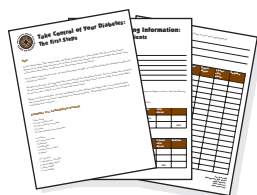
The following resources are FREE and can be downloaded from the New Mexico Health Care Takes On Diabetes website at www.nmtod.org. For further information contact Charm Lindblad, Executive Director, at 505.796.9121 or toll-free 1.866.796.9121.



Quick Reference Guide: Intervention for the Newly Diagnosed: A Provider Resource—This resource itemizes some possible issues that many patients with diabetes face. The chart provides some potential referral sources for practitioners to consider for their patients.



The Newly Diagnosed Diabetic: A Provider Resource—The reference sites included in this resource will assist you in initially educating newly diagnosed diabetic patients on dietary changes before they obtain an appointment with a certified diabetes educator (CDE), registered dietitian (RD) or licensed dietitian (LD).



Take the First Steps Toward Taking Control of Diabetes: A Patient Resource—This resource, geared toward patients, includes steps that patients can take to begin in their diabetes management care, including the importance of making some small changes in eating habits as well as understanding their diabetes medications. For those who have started testing blood glucose levels, a sample chart shows a rotation of times to test throughout the day, as well as a blank log to document test results.

Websites—The editorial committee has identified websites that you may find informative:

- ❖ American Diabetes Association - Recently Diagnosed: www.diabetes.org/recently-diagnosed.jsp
- ❖ WebMD article, Type 2 Diabetes Overview: diabetes.webmd.com/guide/type-2-diabetes
- ❖ American Diabetes Association's Learning Center for the Recently Diagnosed: www.diabetes.org/all-about-diabetes/diabetes-learning-center.jsp
- ❖ National Diabetes Education Program: www.ndep.nih.gov
- ❖ American Diabetes Association: www.diabetes.org
- ❖ Everyday Choices for a Healthier Life: www.everydaychoices.org
- ❖ National Institute of Health: www.niddk.nih.gov/health/diabetes/diabetes.htm
- ❖ American Heart Association Heart of Diabetes Program: www.americanheart.org/diabetes
- ❖ New Mexico Department of Health Diabetes Prevention and Control Program: www.nmdiabetes.org
- ❖ Diabetes Care and Education - a dietetic practice group of the American Dietetic Association: www.dce.org
- ❖ Canadian Diabetes Association: www.diabetes.ca
- ❖ Behavioral Diabetes Institute: behavioraldiabetes.org

These websites may be accessed directly or through the New Mexico Health Care Takes On Diabetes website www.nmtod.org.*

*Please note that these websites do not necessarily represent the views of NMHCTOD. They are listed for your reference and convenience. NMHCTOD does not evaluate websites for content accuracy or application to any clinical situation.

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