



P.O. Box 3548  
Albuquerque, NM 87190  
(866) 796-9121  
(505) 796-9121  
www.nmtod.org

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 2010**, 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](http://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.

# Diabetes Resources

## Practical Information for New Mexico Health Care Professionals



A quarterly publication for clinicians caring for people with diabetes - Vol. 13 No. 14, 2010

## Continuing Early Support of Your Newly Diagnosed Patients

### Educational Points to Be Covered During Initial Visit For Patient Newly Diagnosed with Type 2 Diabetes:

The current approach to educating patients about diabetes is very different than it was even one or two years ago - as are the expected outcomes. Reassure patients that they may continue to eat their favorite foods in moderation and can work with their provider to determine a schedule around medication dosing, if needed. Support patients with the knowledge that complications they may have seen in older relatives and friends with DM can be prevented.

- ❖ **Define diabetes** by explaining insulin resistance and insulin deficiency. Discuss the strong genetic component. Explain that the patient has met one or more of the criteria for diagnosis of diabetes, but that the process of the disease has probably been gradual.
- ❖ **Explain that eating with diabetes:**
  - ❖ Requires balancing protein, fat and carbohydrate, not changing to special "diabetic foods."
  - ❖ Means that your patient will need to learn to estimate the carbohydrate content of foods because carbohydrates directly affect blood sugar.
  - ❖ Can include any food they want to have, within moderation.
  - ❖ Is a learning process that may be frustrating at times. Refer your patient to a CDE or dietitian and provide written materials to help get him/her started.
  - ❖ Should avoid drinks with sugar, such as juice, sodas and sports drinks most of the time.
- ❖ **Emphasize: Diabetes is not the patient's fault, but it is his/her responsibility.**

Discuss your collaborative relationship.

  - ❖ Glucose monitoring: provide a monitor or prescription for one, and ask your patients to determine their own capillary glucose levels. Encourage them to check frequently, vary the times, and keep detailed records. Be aware that finances, work or school schedules, and emotional factors may influence your patient's response to this request.
  - ❖ Lifestyle changes: explain the impact that dietary changes, weight management, and physical activity can have on blood sugar control. Develop a workable plan to help your patient accomplish the goals upon which you both agreed.
  - ❖ Healthcare team: initially, your patients will work with you, their pharmacist, and someone who can teach them about eating, medication, and glucose testing. An eye care provider, podiatrist, dentist, endocrinologist, cardiologist, physical therapist, neurologist, nephrologist and behavioral health professional can be included when and if appropriate.
- ❖ **Plan a timeline for a more detailed discussion of related health issues** including: obesity, hypertension, hyperlipidemia, retinopathy, nephropathy, neuropathy, vascular disease (CAD, PVD, cerebral arterial disease), dental health, obstructive sleep apnea, cigarette smoking, polycystic ovaries, and diabetes in pregnancy.
- ❖ **Reassure your patient** that you and your staff are available to help, and provide contact numbers and directions for establishing contact.

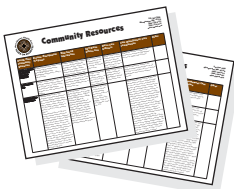
## Resources for Clinicians

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

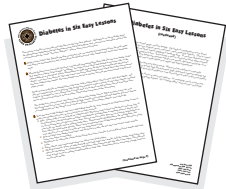
**A Patient and Provider Tool**—Can't find what you're looking for? Call “United Way 2-1-1” at 505.245.1735 Monday thru Friday, 8 a.m. to 5 p.m. The United Way of Central New Mexico's Community Resources Directory is available to everyone and is especially helpful to anyone who is looking for social services in Bernalillo, Sandoval, Torrance, and Valencia counties and the immediate surrounding area. [www.rtmdesigns.net/uwcnm/](http://www.rtmdesigns.net/uwcnm/).

**Health Plan and Community Resources: A Patient and Provider Tool**—This

resource provides health care professionals with a list of diabetes resources available to patients through their health plan or through the community. These resources are available through a variety of venues including Web-based programs or services, telephonic resources, access to registered nurses, traditional educational resources, and/or other community resources. This tool is available at [www.nmtod.org](http://www.nmtod.org).



**Diabetes in Six Easy Lessons: A Patient Tool**—Your doctor or health care provider just told that you that you have diabetes. Although he or she probably talked a lot about what diabetes means and what happens next, you may not remember much after the words “You have diabetes.” This is what you need to know! “Diabetes in Six Easy Lessons” is available at [www.nmtod.org](http://www.nmtod.org).



**4 Steps to Control Your Diabetes for Life: A Patient Tool**—The National Diabetes Education Program has developed a patient education tool to support basic self care strategies. “4 Steps to Control Your Diabetes For Life” is available in two reading levels in English and Spanish. Check publications available on [www.ndep.nih.gov](http://www.ndep.nih.gov).

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

- ❖ WebMD article, Type 2 Diabetes Overview: [diabetes.webmd.com/guide/type-2-diabetes](http://diabetes.webmd.com/guide/type-2-diabetes)
- ❖ American Association of Diabetes Educators: [www.diabeteseducator.org/](http://www.diabeteseducator.org/)
- ❖ National Diabetes Education Program: [www.ndep.nih.gov](http://www.ndep.nih.gov)
- ❖ American Diabetes Association: [www.diabetes.org](http://www.diabetes.org)
- ❖ American Diabetes Association - Diabetes Learning Center for the Recently Diagnosed: [www.diabetes.org/all-about-diabetes/diabetes-learning-center.jsp](http://www.diabetes.org/all-about-diabetes/diabetes-learning-center.jsp)
- ❖ Everyday Choices for a Healthier Life: [www.everydaychoices.org](http://www.everydaychoices.org)
- ❖ National Institute of Health: [www.niddk.nih.gov/health/diabetes/diabetes.htm](http://www.niddk.nih.gov/health/diabetes/diabetes.htm)
- ❖ American Heart Association Heart of Diabetes Program: [www.americanheart.org/diabetes](http://www.americanheart.org/diabetes)
- ❖ New Mexico Department of Health Diabetes Prevention and Control Program: [www.nmd diabetes.org](http://www.nmd diabetes.org)
- ❖ American Dietetic Association: [www.eatright.org](http://www.eatright.org)

These websites may be accessed directly or through the New Mexico Health Care Takes On Diabetes website\* [www.nmtod.org](http://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.*

## Editorial Committee:

Charm Lindblad, MHA  
*Managing Editor*

Bruce A. Mann, MD, FACP  
*Editor-in-chief*

Patty Anello, RN, BSN  
Colleen Campbell, RPh, MBA  
Gloria Jean Collins, RN, MBA

Sheila Conneen, PhD, MPH, MSN, ANP-BC  
Lee DuBois

M. L. Johnston, MS, RD, CDE  
Pamela Kovach, RN

Kristin Lundberg, RN, PhD

Linda Macdonald, MD

Laura Parker, RN, CDE

Judy Rigdon, RN

Leisa Sedall, RN

Jane Stern, RN

*Graphic Layout: Anna Dykeman, MA  
New Mexico Medical Review Association*

## Advisory Board:

Kathleen Colleran, MD

*Program Director, Endocrinology and  
Metabolism, Department of Internal Medicine  
University of New Mexico School of Medicine*

Judith Gabriele, MPH

*Program Manager, Diabetes Prevention  
and Control Program, New Mexico  
Department of Health*

Jeremy Gleeson, MD, FACP, CDE  
*Medical Director, Dept. of Endocrinology &  
Diabetes, ABQ Health Partners*

Yvonne Peperzak-Blake, RN, MS, CDE

Valerie Quinn, RN, BS, CDE  
*CEO, Clinical Director  
Diabetes Self-Management Center*

Donna Tomky, MSN, RN, C-ANP, CDE  
*Nurse Practitioner, Dept. of Endocrinology  
& Diabetes, ABQ Health Partners*

Copyright 2010 by New Mexico Health Care Takes On Diabetes. Permission for educational use may be obtained at 505.796.9121. These materials were developed under a contract with the New Mexico Department of Health, Public Health Division.