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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: **A**1C testing 2-4 times per year, **B**lood pressure screening at every visit, and annual **C**holesterol 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 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. 15, 2010

Diabetes and Planning for Sick Days

The Issue:

The stress of illness, trauma, and/or surgery frequently aggravates glycemic control and may precipitate hyperglycemia and its acute complications including diabetic ketoacidosis (DKA) or nonketotic hyperosmolar state. Hyperglycemia can also worsen the inciting event (i.e., underlying infection). Additionally, patients with diabetes often have atypical or no symptoms of an underlying illness (such as asymptomatic UTI, or silent ischemia) except for worsening hyperglycemia. Therefore, worsening hyperglycemia should prompt providers to search for a precipitating etiology. To prevent the acute complications of hyperglycemia, patients need to have sick day management plans provided by their health care team.

Medical Management Considerations for Sick Days

No significant change in oral intake

- ❖ In general patients should be advised to continue their oral diabetes medications and insulin unless a significant decrease in food intake occurs (see below)
- ❖ Metformin should be discontinued prior to the procedure and restarted 48 hours after the procedure for patients who undergo a radiocontrast study, surgery or hospital admission.

Significant decrease in PO intake and/or prolonged emesis

- ❖ Continue oral agents (except hold sulfonylureas until taking PO)
- ❖ Continue long-acting insulin (increase or decrease dose based on type of illness, individualize)
- ❖ Adjust short-acting insulin to correct hyperglycemia (individualize)
- ❖ Start long-acting insulin if prolonged illness and hyperglycemia (Glargine or Detimer 0.25-0.5 U/kg/day)

NPO for procedure the next day

- ❖ Hold short-acting insulin until taking PO
- ❖ Continue oral agents (except hold sulfonylureas until taking PO)
- ❖ Continue long-acting insulin at usual or ½ the dose depending on duration of NPO status (individualize by patient and procedure)

Patient Education

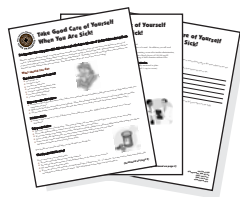
- ❖ Advise patients to contact you if one of the following happens:
 - Blood sugars remain elevated despite interventions suggested
 - Change in mental status
 - Dizziness
 - Persistent fever
 - Inability to keep any PO down for longer than 4 to 6 hours
- ❖ Advise patients that any condition that may lead to worsening glycemic control (including both psychologic and physiologic stress) may require more frequent blood glucose monitoring (every 2 to 4 hours).
- ❖ Advise patients to increase fluid intake during illness (1/2 to 1 cup per hour)
- ❖ Advise patients to maintain usual food intake if able
- ❖ Advise patients to check with you or pharmacist prior to starting any over the counter medications
- ❖ Advise patients not to stop any diabetes medications unless instructed by health care professional based on specific circumstances

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.

Making a Sick Day Plan: Patient Tools and Resources

Prepare a plan with your patients for sick days. The plan should include when to call the diabetes team, how often to measure blood sugar and urine ketones, what medicines to take, and how to eat. The following resources are designed to help you and your patients develop a Sick Day Plan.



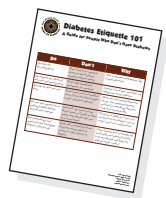
Take Good Care of Yourself When You Are Sick!—It is important that all people with diabetes have a plan for how to take care of their diabetes during illness. This resource is a list of what your patients should do during a minor illness, including tips on blood glucose and diet, fluid and medication management “Take Good Care of Yourself When You Are Sick” is available at www.nmtod.org.



Be Prepared: Sick Day Management—Planning ahead can help patients stay in control of their blood sugar levels during illness. This resource, primarily for people with Type 1 diabetes, is a one-page checklist of things professionals can discuss with their patients before they become sick. This resource is available at <http://spectrum.diabetesjournals.org> (search on keywords “Sick Day Management”).



When You Are Sick: Common Concerns—The best way to prevent a minor illness from becoming a major problem is to work out a plan of action for sick days ahead of time. This resource will help your patients know what to do and what supplies should be on hand to do it. This resource is available at www.diabetes.org/living-with-diabetes/treatment-and-care/who-is-on-your-healthcare-team/when-youre-sick.html#Making_a_SickDay_Plan or www.nmtod.org.



Diabetes Etiquette 101: A Guide for People Who Don't Have Diabetes—This resource provides a list of do's and don'ts to help people who do not have diabetes to better understand how to deal their friends and family and co-workers who do. “Diabetes Etiquette 101” is available at www.nmtod.org.

Websites—

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

- ❖ National Diabetes Education Program: www.ndep.nih.gov
- ❖ American Diabetes Association: www.diabetes.org
- ❖ National Institute of Health: www.niddk.nih.gov/health/diabetes/diabetes.htm
- ❖ American Heart Association Heart of Diabetes Program: www.americanheart.org/diabetes
- ❖ Everyday Choices for a Healthier Life: www.everydaychoices.org
- ❖ New Mexico Department of Health Diabetes Prevention and Control Program: www.diabetesnm.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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