## Diabetes Mellitus (ALL)

### Description
- Diabetes mellitus (diagnosed by provider or self reported)
- Hyperglycemia (high blood sugar) from not enough or bodies poor use of insulin; can damage eyes, kidneys, nerves, heart & blood vessels

### Assess Readiness for Change: with open ended questions
- “What do you do to control your diabetes?”
- “How do you feel about controlling your diabetes?”

### Discussion, Counseling and Education

<table>
<thead>
<tr>
<th>If the answer is:</th>
<th>Try Counseling Strategies</th>
<th>Try Education</th>
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<tbody>
<tr>
<td><strong>Not ready</strong></td>
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<tr>
<td>“I don’t check my blood sugar. I eat everything.”</td>
<td>• “What did your Dr recommend? Why did you decide to not check your blood sugars?”</td>
<td>• “Monitoring blood sugar, eating a balanced diet and getting exercise, help control diabetes. May I share the name of the diabetes educator in our area?”</td>
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<td>• “How do you know if your diabetes is well controlled?”</td>
<td>• Determine if has a diabetes provider</td>
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<td>• “What kind of meal plan have you followed in the past?”</td>
<td>• Offer feeding suggestions for disease/condition</td>
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<td><strong>Unsure</strong></td>
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</table>
| “The Dr said I was diabetic but didn’t tell me what to do?” | • “What changes have you made since you found out you were diabetic?” | • Basic diabetic dietary practices  
  o Don’t skip meals  
  o Eat variety  
  o Increase fiber, decrease fat  
  o Spread out starches & sugars (may use “carbohydrate counting”)  
  o Limit alcohol & eat with food |
|                    | • “On a scale of 1-10, how comfortable would you be in making changes to your diet?” | • “If you would like to make changes to your diet, I have resources that can help you.” |
|                    | • “Would you be interested in attending a local diabetes clinic?” | • “It sounds like you have a good start. You eat a variety and avoid large amounts of starches and sugars at one time. You can eat starchy foods, portion size is important.” |

### Record Plan or Goal
- Mom follows no eating plan, does not want to check blood sugars. Will re-assess readiness for change at next appointment.
- Basic diabetic dietary practices  
  o Don’t skip meals  
  o Eat variety  
  o Increase fiber, decrease fat  
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### Education Resources