

343 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

If the answer is:	Try Counseling Strategies	Try Education
<p>Not ready →</p> <p>“I don’t check my blood sugar. I eat everything.”</p> <p>Raise awareness & personalize change</p>	<ul style="list-style-type: none"> • “What did your Dr recommend? Why did you decide to not check your blood sugars?” • “How do you know if your diabetes is well controlled?” • “What kind of meal plan have you followed in the past?” 	<ul style="list-style-type: none"> • “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?” • Determine if has a diabetes provider • Offer feeding suggestions for disease/condition • Not high risk but refer to RD if above comfort level

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.

<p>Unsure →</p> <p>“The Dr said I was diabetic but didn’t tell me what to do?”</p> <p>Raise awareness & confidence & identify barriers to change</p>	<ul style="list-style-type: none"> • “What changes have you made since you found out you were diabetic?” • “On a scale of 1-10, how comfortable would you be in making changes to your diet?” • “Would you be interested in attending a local diabetes clinic?” 	<ul style="list-style-type: none"> • Basic diabetic dietary practices <ul style="list-style-type: none"> ○ Don’t skip meals ○ Eat variety ○ Increase fiber, decrease fat ○ Spread out starches & sugars (may use “carbohydrate counting”) ○ Limit alcohol & eat with food
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Record Plan or Goal Mom skips meals. Will stop practice. Referred to local diabetes clinic. Check if contacted next appointment.

<p>Ready →</p> <p>“My blood sugar is always high. I don’t really know what I should eat.”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> • “There used to be pretty strict diet plans. Now eating healthy choices and variety are recommended, while watching starches and sugars.” • “What kind of eating plans are you familiar with?” • “Tell me what you eat on a typical day?” 	<ul style="list-style-type: none"> • “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.”
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Record Plan or Goal Mom would like to eat better. Referred to local outpatient clinic RD.

Education Resources	<p>http://www.diabetes.org/ Resource- <i>American Diabetes Association</i></p> <p>http://www.diabetes.org/food-and-fitness/food/planning-meals/create-your-plate/ Resource- <i>ADA Create Your Plate</i></p> <p>http://www.endocrineweb.com/conditions/diabetes/treatment-diabetes Resource- <i>Diabetes Treatment (vers 12/6/11)</i></p> <p>http://www.lillydiabetes.com/Pages/counting-carbohydrates.aspx Resource- <i>Carbohydrate Counting (vers 2012)</i></p>
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