

363 Pre-Diabetes Mellitus (BF/NBF)

Description

- When blood sugar is higher than normal, but is not high enough to be diagnosed as a type 2 diabetic
- Those with pre-diabetes have higher risk of developing type 2 diabetes & cardiovascular disease; treatment is lifestyle changes (weight loss & exercise)

Assess Readiness for Change: with open ended questions

- “Tell me about your pre-diabetes diagnosis?”
- “How do you feel about getting your pre-diabetes under control?”

Discussion, Counseling and Education

If the answer is:	Try Counseling Strategies	Try Education
<p>Not ready →</p> <p>“My Dr said my sugar was a little high but that I didn’t need to worry about it.”</p> <p>Raise awareness & personalize change</p>	<ul style="list-style-type: none"> • “What else did the Dr tell you about your blood sugars? What did he/she recommend as treatment?” • “How concerned are you about your high blood sugars?” • “What do you want to do about your pre-diabetes?” 	<ul style="list-style-type: none"> • “Though you weren’t diagnosed as diabetic, pre-diabetes puts you at risk for developing diabetes and heart disease. How would you feel about discussing things that may help your pre-diabetes?” • Offer suggestions for related lifestyle changes • Knowledge: pre-diabetes (i.e. high blood glucose levels) is also often referred to as Impaired glucose tolerance (IGT) or Impaired Fasting Glucose (IFG)
<p>Record Plan or Goal Mom says not worried about her blood sugar, does not want to discuss. Re-assess readiness for change at next appointment.</p>		
<p>Unsure →</p> <p>“The Dr said I was pre-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"> • “We can talk about things that may help. If getting to a healthy weight and/or moderate exercise helped, how would you feel about making changes in those areas?” • “On a scale of 1-10, how comfortable would you be in making changes to your diet/exercise?” 	<ul style="list-style-type: none"> • At most risk: <ul style="list-style-type: none"> ○ Adults who are overweight, have family history DM, previous GDM, HTN, high cholesterol • Treatment is lifestyle changes: <ul style="list-style-type: none"> ○ Obtain and maintain a healthy weight (even a 10-15 pound loss is considered beneficial) ○ Moderate exercise
<p>Record Plan or Goal Mom says stressed with new baby, will try to eat better. Follow-up readiness next appointment.</p>		
<p>Ready →</p> <p>“My blood sugar has been high before. I know I eat too much, I probably should lose weight?”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> • “It sounds like you want to make healthier food choices. “Tell me what you eat on a typical day?” • “What small changes do you think you would like to make?” 	<ul style="list-style-type: none"> • “It sounds like you have a good start. You eat a variety include fruit/vegetables. It does sound like you drink a lot of juice. How would you feel about reducing that?”
<p>Record Plan or Goal Mom would like to eat better. Mom says she will reduce juice to 1x a day. Follow-up success next appointment.</p>		

Education Resources

- <http://www.diabetes.org/diabetes-basics/prevention/pre-diabetes/pre-diabetes-faqs.html> Resource- *Pre-Diabetes FAQ’s*
- <http://www.ndep.nih.gov/publications/PublicationDetail.aspx?PubId=71> Resource- *Small Steps Big Rewards*
- <http://diabetes.niddk.nih.gov/dm/pubs/insulinresistance/> Resource- *Insulin Resistance and Pre-Diabetes*