



Diabetes Self Care & Management



By: Petronella Phillips,
BSN, BS, RN, CCRP
RSS Nurse



Diabetes Self-care and Management

- ❑ Diabetes - is a chronic condition that occurs when the amount of glucose (sugar) in your blood is higher than normal ($> 126\text{mg/dL}$)
- ❑ How is diabetes managed using Hemoglobin A₁C?
 - Hemoglobin A₁C (HgA₁C) – a lab value
 - Good marker for glucose control (percentage of red blood cells that have a glucose molecule attached)
 - Checked every 90 – 120 days (lifespan of RBCs)
- ❑ What happens when HgA₁C is not well managed?
 - It affects your health by damaging blood vessels and organs



How does Diabetes Affect Your Health?

QUESTION:

Diabetes can cause damage to all of the following organs
TRUE/FALSE?

- Kidneys, Heart, Brain, Eyes

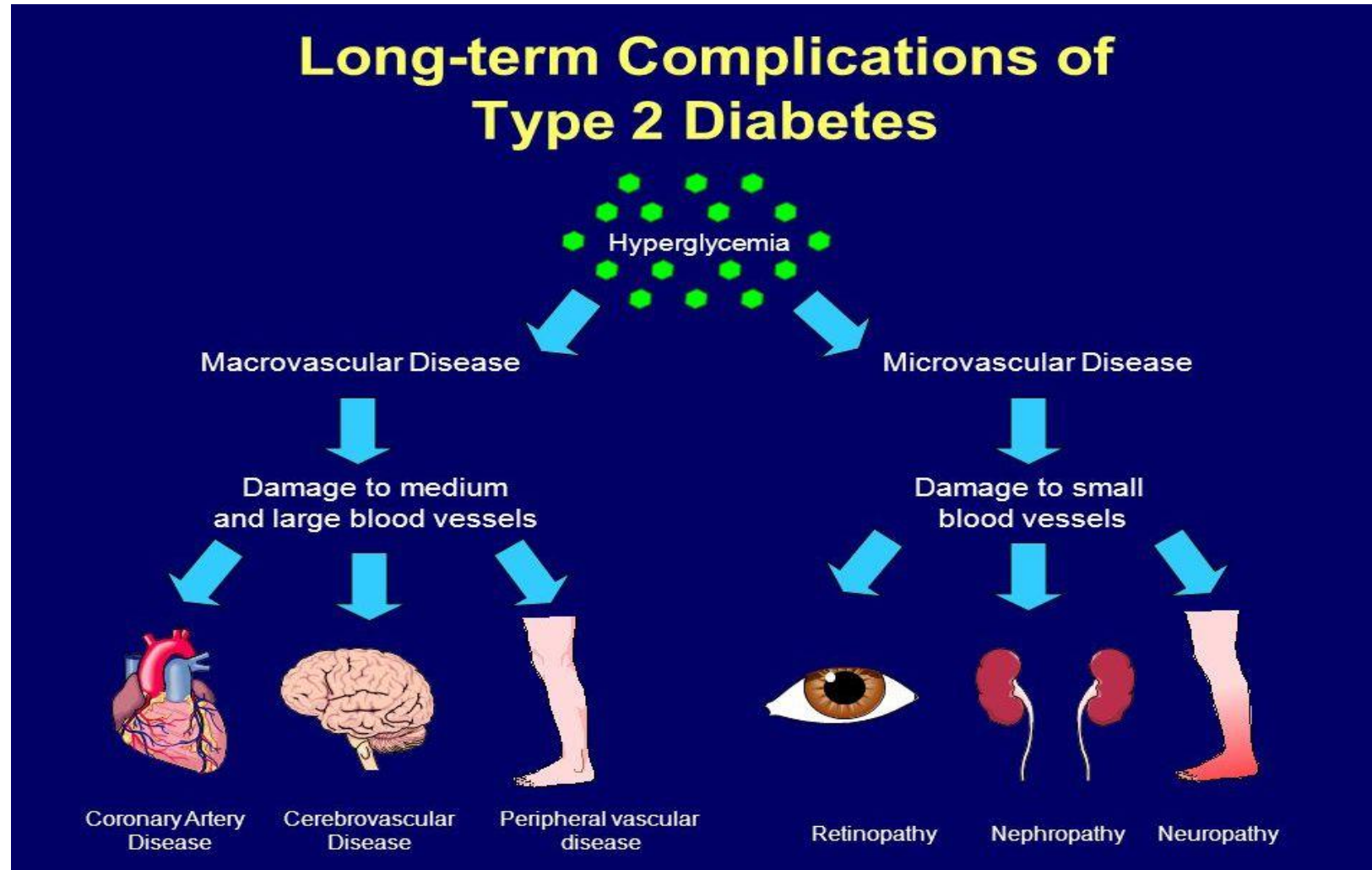


How does Diabetes Affect Your Health?

Diabetes that's not well managed can cause serious **complications** and increase your risk for:

- Heart disease
- Stroke
- Kidney disease
- Nerve damage
- Eye disease
- Periodontal/gum disease and tooth decay

What are these potential complications?





What are the potential complications?

Complications of diabetes generally develop over time. Having poorly controlled blood sugar levels increases the risk of serious complications that can become life-threatening such as:

- Vessel disease, leading to heart attack or stroke
- Eye problems, called retinopathy
- Infection or skin conditions
- Nerve damage, or neuropathy
- Kidney damage, or nephropathy
- Amputations due to neuropathy or vessel disease
- Increased risk of developing Alzheimer's disease; especially if your blood sugar is not well controlled.



What tips can we use to enhance our well-being?

- Monitor and manage your HgA₁C every 3 – 4 months
- Check your BP, cholesterol, and urine every time you visit your doctor for your diabetes
- Manage your eye care – annual check ups
- Manage your dental care/health
- Take care of your skin, feet, and toes
- Keep Immunizations Up-to-date

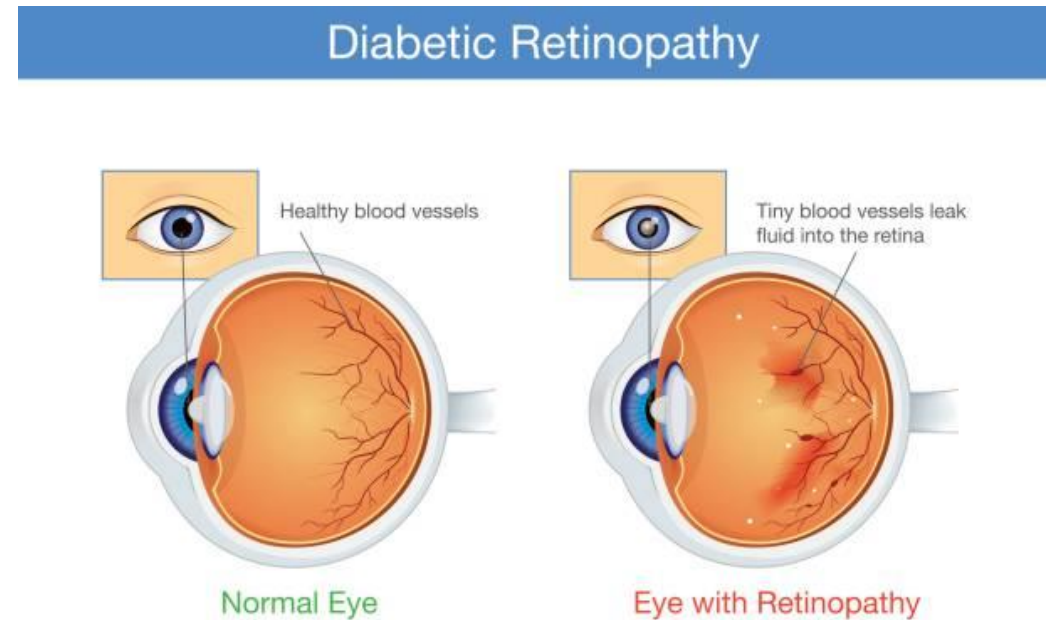
Managing your HgA₁C levels

- Check your blood glucose daily
- Check HgA₁C every 3 – 6 months – visit your doctor
- Manage your medications
- Manage your diet
- Exercise – 20 – 30 minutes daily



Eye Care Management

- See the eye doctor – **at least once annually**
- Chronic diabetes → damage to blood vessels in the eyes
- This damage causes symptoms such as:
 - blurry vision
 - black spots and “floaters” in the field of vision
 - retinal swelling (called macular edema)
 - poor color perception
 - blindness



Dental Care Management

- Visit the dentist every 6 months
- Brush and floss daily
- Limit simple sugars in the diet
- Diabetics - increased risk for developing gingivitis, gum disease, thrush, and dry mouth
- Recent data analysis has shown that the prevalence of gum disease in diabetic patients was 86.8% (gingivitis 27.3% and periodontitis 59.5%)



Take Good Care of Your Skin



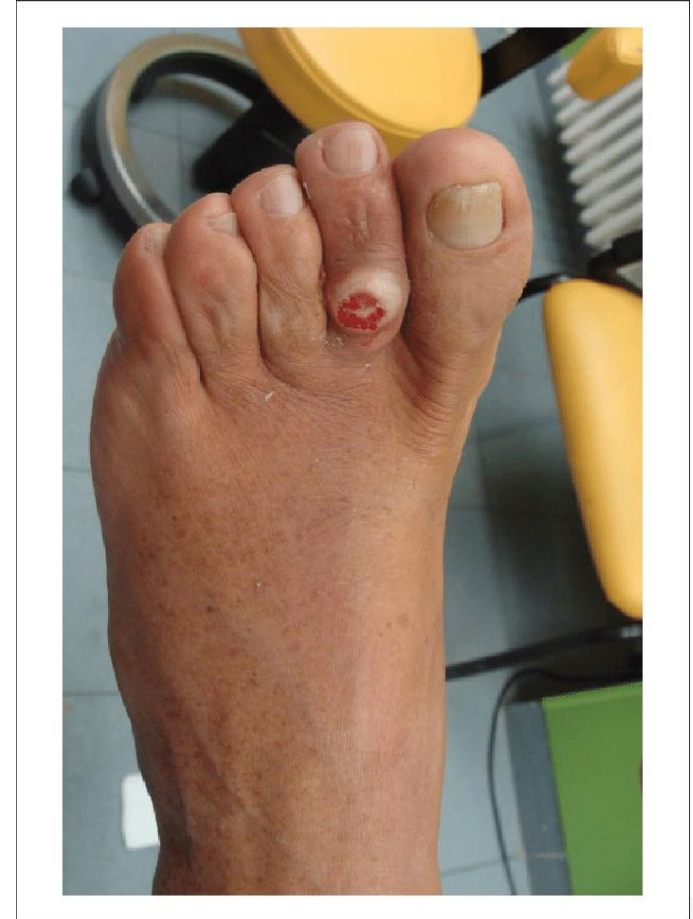
Prevent dry skin by keeping skin moist

- Use a humidifier during cold months
- Avoid very hot baths and showers
- Use moisturizing soaps; not bubble baths
- Moisturize skin; not in between toes
- Manage glucose levels
- See a dermatologist as needed

Take Good Care of Your Feet & Toes

Prevent ulcers and infections

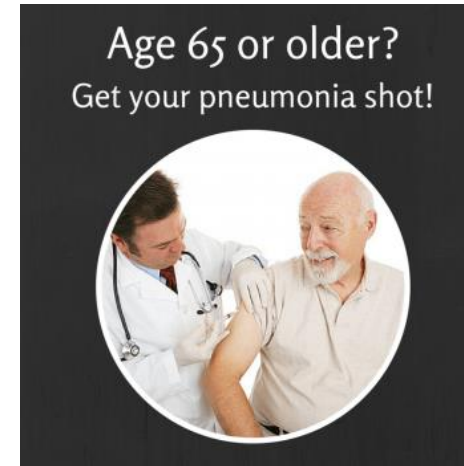
- Wash your feet thoroughly & daily
- Dry your feet & between toes well
- Moisturize feet, but avoid moisturizing in between toes
- Inspect feet for sores, cuts, and bruises
- Check your shoes for any sharp objects such as small rocks or pebbles that may be inside
- Wear shoes that fit well and do not rub your toes or feet
- See a podiatrist every 6 months or as needed



Take Good Care of Your Feet



Keep your immunizations up-to-date



- ☐ A yearly flu vaccine is recommended
- ☐ A pneumonia vaccine before 65 years; booster every 5 years



Diabetes Self-Care & Management

QUIZ:

1. Which lab value should you have monitored every 90 – 120 days (3-4 months) by your doctor for optimal diabetes management ?
 - a. Cholesterol
 - b. Red blood cells
 - c. Hemoglobin A₁C
 - d. Glucose



Diabetes Self-Care & Management

QUIZ:

2. Diabetics should see all of the following doctors at least once a year, EXCEPT?
 - a. Eye doctor/ophthalmologist
 - b. Dentist
 - c. Foot doctor/podiatrist
 - d. Orthopedic doctor



Diabetes Self-Care & Management

Diabetes Self-management Tips - AHA

<https://www.youtube.com/watch?v=f3-Ud1IKvzw>



Diabetes Self-Care & Management

The END...

THANK YOU



Diabetes Self-Care & Management

References

1. American Heart Association website accessed 11/2/2021
2. American Diabetes Association website accessed 11/2/2021
3. Center for Disease Control
<https://www.cdc.gov/diabetes/library/features/diabetes-and-heart.html>
4. Medlineplus.gov/ency/patient instructions/000082.htm