







Checklist: Insulin Dependent Diabetes

	<p><input type="checkbox"/> Check to see how many times in the last year this person has seen a health care professional who manages his or her diabetes.</p>	<p>Individuals with diabetes should have their care managed by a specialist. This specialist can be a physician or a registered nurse practitioner who is trained to manage diabetes. He, or she, need not be the same person who does routine residential care visits. Medical specialists who manage diabetes include endocrinologists, specialists in internal medicine, or family practice physicians with a special interest in diabetes.</p>
	<p><input type="checkbox"/> Check to see who is responsible for administering insulin to this person on time each day.</p>	<p>Persons who have insulin-dependent diabetes require injections of insulin one or more times per day. These injections can be self-administered. They can also be given by a licensed health professional, or a trained family member. It is also important to make sure that insulin is stored according to directions on the package.</p>
	<p><input type="checkbox"/> Check to see who is responsible for monitoring this person's blood sugar levels.</p>	<p>Anyone with insulin-dependent diabetes must have the amount of sugar in his or her blood monitored one or more times each day. How often his or her blood sugar needs checking is determined by a doctor's order, the person's diet, and how the person is feeling.</p>
	<p><input type="checkbox"/> Check to see whether this person has ever shown symptoms of hunger, shakiness, nervousness, sweating, or dizziness.</p>	<p>Hypoglycemia occurs when a person's blood glucose or blood sugar is too low. It can happen suddenly, and can result in confusion, fainting, seizures, coma, or death. Hypoglycemia causes symptoms of hunger, shakiness, nervousness, sweating, or dizziness. If these symptoms occur, the patient should be given sugar in any form (juice, soda, candy, etc.). His or her blood sugar level should also be checked immediately (by finger stick or similar method).</p>

	<input type="checkbox"/> Check to see that this person has seen a podiatrist (foot doctor) in the last year.	<p>People with diabetes can have foot problems related to diabetic nerve damage, poor circulation, or infection. Anyone with diabetes should have periodic exams by a podiatrist. This is especially true for individuals that are elderly or have foot problems. Anyone with diabetes should examine his or her feet for sores or cracks every day. If the person is unable to do this, then another person should be responsible for doing this exam every day. People with diabetes should also make sure to wear appropriate socks and shoes.</p>
	<input type="checkbox"/> Check to see that this person has received a complete eye exam including an examination of the retinas in the last year. This exam requires dilation of pupils.	<p>High blood sugar and high blood pressure due to diabetes can cause damage to the eyes resulting in partial loss of vision or blindness. Anyone with diabetes should have an eye doctor who is assisting in managing his or her diabetes and should see the doctor at least once each year. The exam should include tests in which the person's pupils are dilated, which will make him or her sensitive to bright light.</p>

Unclear or concerned about an answer? Please consult with your clinical staff for appropriate follow-up