Keeping patients safe when they are at risk of hypoglycemia

For patients with uncontrolled or unrecognizable conditions, e.g. glipizide, gliclazide, miglitol:

Recognize

ASK at each visit:
- ASSIST: assessing emotional/mental avoidance of losses
- SCREEN for hypoglycemia unawareness

Act/Treat

- DISCUSS possible causes
- CONSIDER medications with lower risk of hypoglycemia: gliclazide, repaglinide

For patients using insulin or insulin secretagogues, e.g. glyburide, at risk of hypoglycemia:

Keep patients safe when they are at risk of dehydration (vomiting/diarrhea)

Recognize

- Patients may present with fatigue

Act/Treat

- Keep a close eye to check for dehydration
  - **Symptoms & signs**
    - Cachexia
    - Dehydration

2 Quick questions to help patients meet their goals

For patients who are not making expected progress, try asking these questions to identify a path forward:

1. **How important is it for you to...**? (ex. improve A1C, lower BP)
   - low, medium, or high?

2. **If their confidence is rated low, explore what needs to happen to improve it.**
3. **If importance (motivation) is rated low, ask what would need to...**?
   - increase their confidence. Usually this has to do with improving knowledge, skills or resources and support.

3 Quick questions to help patients develop self-management goals

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Potential self-management goals

**Examples**

**Eat healthy**
- eat a diet that helps to develop a healthy eating plan.

**Be more active**
- increase physical activity with the goal of getting to 150 minutes aerobic activity/week and resistance exercises 2-3 times/week.

**Take medication regularly**
- Use strategies e.g. use a pillbox or setting a timer.

**Avoid hypoglycemia**
- Recognize the signs of hypoglycemia and take control of your life.

**Check blood glucose**
- Establish a routine and a checking process.

**Check feet**
- Once daily self-check and follow-up with a healthcare provider (feet are always painful).

**Avoid complications**
- Check for complications.

**Increase physical activity with the goal of getting to 150 minutes aerobic activity/week and resistance exercises 2-3 times/week.**

**S图片来源: guidelines.diabetes.ca 2018 Clinical Practice Guidelines for the Management of Diabetes in Canada**

**ABCDES of diabetes care**

**A** - Ask patients to check their diabetes everyday and every time they feel unsure, while on a meal or in a car. 

**B** - Be aware of the signs and symptoms of hypoglycemia and how to avoid future hypoglycemia.

**C** - Prepare for hypoglycemia unawareness when driving and treat if any symptoms appear. 

**D** - Screen for hypoglycemia unawareness and treat if any symptoms appear. 

**E** - Educate and how to avoid future hypoglycemia.

**S** - Screen for distress (depressive and anxious symptoms) by interview or a standardized questionnaire (e.g. PHQ-9) and provide support.

**S** - Smoking cessation
- Identify barriers to quitting and develop a plan to achieve it.

**Screening for distress, mental health, and financial or other stressors**

**Questions**

1. How confident are you in your ability to...
   - low, medium, or high?
2. If their confidence is rated low, explore what needs to happen to improve it.
3. If importance (motivation) is rated low, ask what would need to...?