Contents

	preword	XV	
	reface	XV	
	cknowledgements	xvii xix	
Li	ist of Abbreviations and Symbols		
1	Diagnosing and Classifying Diabetes	1	
	Key points	1	
	What is diabetes mellitus?	2	
	Prevalence of diabetes	2 2 3 4 7	
	Classification of diabetes	3	
	Overview of normal glucose homeostasis	4	
	The metabolic syndrome in children and adolescents		
	Type 1 and Type 2 diabetes	8	
	Type 2 diabetes in Indigenous children and adolescents	15	
	Gestational diabetes	15	
	Example Information Sheet: Preparation for an oral glucose tolerance test	20	
	Screening for diabetes	21	
	Preventing Type 2 diabetes	22	
	Preventing Type 1 diabetes	25	
	Managing diabetes mellitus	25	
	Key points	25	
	Aims of management	27	
	Exercise/activity	29	
	Diabetes education	32	
	Complications of diabetes	33	
	Aim and objectives of nursing care of people with diabetes	34	
	Technology and diabetes management	36	
	A sobering final comment	38	
	References	38	
2	Holistic Assessment, Nursing Diagnosis, and Documentation	44	
	Key points	44	
	Rationale	44	
	Holistic nursing	45	
	Care models	45	
	Characteristics of an holistic nursing history	47	
	Nursing history	49	
	Example Health Assessment Chart	50	
	Instruments to measure health status	54	
	Documenting and charting patient care	54	
	Care plans	55	

vi Contents

	Nursing responsibilities	56 57
	Documentation by people with diabetes References	58
3	Monitoring Diabetes Mellitus	60
	Key points	60
	Rationale	60
	Introduction Manifesting 1. Placed pluspes	61
	Monitoring 1: Blood glucose	61 61
	Key points Blood glucose testing checklist	71
	Monitoring 2: Urine glucose	73
	Key points	73
	Monitoring 3: Additional assessment	76
	Self-care	80
	The annual review	81
	References	81
4	Nutrition, Obesity and Exercise	84
	Key points	84
	Rationale	84
	The importance of good nutrition	85
	Obesity	85
	Overview of the pathogenesis of obesity	86
	The significance of abdominal obesity	87
	Nutrition, obesity and stress	88
	Methods of measuring weight	88
	Managing obesity and diabetes	90
	Malnutrition and under-nutrition	90
	Method of screening for dietary characteristics and problems	93
	Principles of dietary management for people with diabetes	94
	Goals of Dietary Management	97
	Dietary management: obesity	98
	Bariatric surgery	99
	Complementary weight loss programmes	101
	Factors associated with making dietary changes	101
	Nursing responsibilities References	102
	References	107
5	Medicines Management	111
	Key points	111
	Introduction	112
	Quality Use of Medicines (QUM)	112
	Quality Use of Medicines and Diabetes	113
	Oral Glucose-Lowering Medicines (GLM) The incretin hormones	114 124
	New medicines for type 2 diabetes	124
	Medicine interactions	123
	When should insulin be initiated in Type 2 diabetes?	128
	Barriers to insulin therapy	132
	Some strategies to overcome the barriers	132
	Insulin therapy	133
	1 /	

		Contents	vii
	Types of insulin available		134
	Injection sites and administration		137
	Mixing short- and intermediate-acting insulins		138
	Commonly used insulin regimens		139
	Interpreting morning hyperglycaemia		140
	Continuous subcutaneous insulin infusion (CSII)		141
	Continuous blood glucose sensors		142
	Subcutaneous insulin sliding scales and top-up regimes		143
	Uses of insulin infusions		145
	Insulin allergy		147
	Transplants		148
	Stabilising diabetes		148
	Stabilising diabetes in hospital		149
	Community and outpatient stabilisation		150
	Lipid-lowering agents		152
	Monitoring lipid medicines		157
	Antihypertensive agents		157
	Antiplatelet agents		160
	Medication safety, adherence and medication self-management		161
	Enhancing medication self-care		163
	Example protocol for outpatient stabilisation onto insulin		166
	References		167
6	Hypoglycaemia		174
	Key points		174
	Rationale		174
	Introduction		175
	The counter-regulatory response		176
	Definition of hypoglycaemia		178
	Recognising hypoglycaemia		180
	Counter-regulatory hormonal response to hypoglycaemia		181
	Causes of hypoglycaemia		181
	Preventing and managing hypoglycaemia		182
	Hypoglycaemic unawareness		183
	Prevalence of hypoglycaemic unawareness		183
	Nocturnal hypoglycaemia		184
	Relative hypoglycaemia		187
	Medicine interactions		187
	Objectives of care		188
	Treatment		188
	Prolonged hypoglycaemia		189
	Patients most at risk of hypoglycaemia		190
	Psychological effects of hypoglycaemia		191
	Consequences of hypoglycaemia		192
	Guidelines for administering glucagon		193 194
	Adverse reactions		
	References		194
7	Hyperglycaemia, Acute Illness, Diabetic Ketoacidosis (DKA),		100
	Hyperosmolar Hyperglycaemic States (HHS), and Lactic Acidosi	S	198
	Key points		198
	Rationale		199

viii Contents

	Prevention: proactively managing intercurrent illness	199
	Self-care during illness	201
	Hyperglycaemia	201
	Diabetic ketoacidosis (DKA)	203
	Brittle diabetes and hyperglycaemia	210
	Euglycaemic DKA	210
	Hyperosmolar Hyperglycaemic States	211
	Presenting signs and symptoms	212
	Lactic acidosis	213
	Lactic acidosis associated with Metformin	215
	References	216
8	Long-Term Complications of Diabetes	218
	Key points	218
	Introduction	219
	Pathophysiology of diabetes complications	219
	Cardiovascular disease and diabetes	221
	Key points	221
	Rationale	222
	Medicines and cardiovascular disease	223
	Complementary medicines (CAM)	226
	Other management considerations	227
	Mental health and cardiovascular disease	228
	Nursing responsibilities	229
	Telephone coaching	233
	Cerebrovascular disease	233 234
	Signs and symptoms Diabetes and eye disease	235
	Key points	235
	Rationale	235
	Introduction	235
	Risk factors for retinopathy	236
	Diabetes and renal disease	241
	Key points	241
	Introduction	241
	Stages of chronic kidney disease	241
	Risk factors for renal disease	242
	Renal failure	243
	Renal disease and anaemia	245
	Diet and renal disease	245
	Renal disease and older people	247
	Kidney biopsy	247
	Renal dialysis	247
	Objectives of care	249
	Nursing responsibilities	250
	Commencing CAPD in patients on insulin	250
	Educating the patient about CAPD	251
	Supportive care	252
	Renal disease and herbal medicine (see also Chapter 19)	252
	Peripheral and autonomic neuropathy	253
	Key points	253
	Introduction	253

		Contents	ix
	Vascular changes		254
	Infection		255
	Diabetes-related peripheral neuropathy		257
	Other pain management strategies		258
	Stages of peripheral neuropathy		259
	Risk factors for developing foot problems		259
	Objectives of care		260
	Nursing responsibilities		260
	Classification of foot ulcers		262
	Wound management		262
	Wound management techniques under study		264
	Rehabilitation		264
	Autonomic neuropathy		265
	Key points		265
	Introduction		265
	Diagnosis and management		267
	Nursing care		268
	References		269
9	Management During Surgical and Investigative Procedures		277
	Surgical procedures		277
	Key points		277
	Rationale		277
	Introduction		278
	Children with diabetes undergoing surgical procedures		279
	Older people with diabetes and surgical procedures		280
	Aims of management		280
	Preoperative nursing care		281
	Major procedures		284
	Postoperative nursing responsibilities		286
	Minor procedures		287
	Insulin pump therapy in patients undergoing surgery		288
	Emergency procedures		289
	Bariatric surgery		290
	Investigative procedures		290
	Key points		290
	Rationale		290
	The objectives of care		291
	General nursing management		291
	Eye procedures		292
	Complementary therapies and surgery and investigative procedures		295
	Preoperative phase		295
	<u> </u>		293 296
	Postoperative phase		296
	Implications for nursing care		
	References Example Instruction Shoot 2(a), Instructions for people with		297
	Example Instruction Sheet 2(a): Instructions for people with		
	diabetes on oral glucose-lowering medicines having procedures		200
	as outpatients under sedation of general anaesthesia	otos	298
	Example Instruction Sheet 2(b): Instructions for people with diaboration procedures as outpatients under sedation	LIES	
	on insulin having procedures as outpatients under sedation or general anaesthesia		299
	oi general anaestnesia		ムノフ

x Contents

10	Conditions Associated with Diabetes	300
	Key points	300
	Introduction	300
	Enteral and parenteral nutrition	301
	Aims of therapy	301
	Routes of administration	302
	Choice of formula	304
	Nursing responsibilities	304
	Diabetes and cancer	306
	Management	307
	Objectives of care	308
	Nursing responsibilities	309
	Managing corticosteroids in people with cancer	310
	Complementary therapies and cancer	311
	Smoking, alcohol, and illegal drug use	312
	Smoking	312
	Nicotine addiction	314
	Assisting the person to stop smoking	315
	Medicines to support smoking cessation	317
	Alcohol addiction	317
	Illegal drug use	319
	Effects on diabetes	321
	Interactions with medicines	322
	Management issues	322
	Brittle diabetes	323
	Introduction	323
	Causes of brittle diabetes	324
	Management	324
	Oral health and diabetes	325
	Introduction	325
	Causal mechanisms	326
	Management	326
	Diabetes and liver disease	327
	Introduction	327
	Managing people with diabetes and liver disease	328
	CAM medicines	329
	Haemochromatosis	329
	Iron overload	330
	Management	330
	Diabetic mastopathy	330
	Diagnosis	330
	Management	331
	Diabetes and coeliac disease	331
	Signs and symptoms	332
	Diagnosis	332
	Management	333
	Cystic fibrosis-related diabetes	333
	Diagnosis	334
	Signs and symptoms	335
	Management	335
	Sleep disturbance and diabetes	335
	Diagnosis	336

		Contents	xi
	Management		337
	Diabetes and tuberculosis		337
	Management		337
	Diabetes and HIV/AIDS		338
	Management		338
	Diabetes and hearing loss		339
	Causes of hearing loss		339
	Management		340
	Diabetes and musculoskeletal diseases		341
	Management Mascaroskeretar diseases		342
	Corticosteroid and antipsychotic medications and diabetes		342
	Key points		342
	Introduction		342
	Management		344
	Antipsychotic medicines		345
	Diabetes and driving		346
	Prevalence of and risk factors for driving crashes		346
	Diabetes-related effects on driving		349
	Hypoglycaemia effects on driving		352
	Strategies to enhance driving safety		353
	Information for people with diabetes to help them drive safely		354
	Diabetes and fasting for religious observances		355
	Education and counselling		356
	References		356
11	Diabetes and Sexual and Reproductive Health		365
	Key points		365
	Rationale		365
	Sexual health		366
	Sexual development		367
	Sexual problems		367
	Possible causes of sexual difficulties and dysfunction		368
	Sexuality and older people		369
	Women		369
	Men		370
	Investigation and management		371
	Medication management for ED		372
	Non-pharmacological therapy		372
	Complementary medicines for sexual problems (CAM)		373
	Involving partners in ED management		374
	Sexual counselling		374
	The PLISSIT model		376
	Role of the nurse References		377 377
4.0			
12	Diabetes in Older People		379
	Key points		379
	Rationale		380
	Introduction		380
	Determining functional status		386
	Geriatric syndromes Cognitive functioning		388 388
	Cognitive functioning		300

xii Contents

	Depression and older people with diabetes	394
	Dementia	394
	Managing diabetes in older people	395
	Management aims	395
	Factors that affect management decisions	396
	Guidelines for administering diabetes medicines with enteral feeds	401
	Education approaches	402
	Self-care	403
	Factors that can affect metabolic control	404
	References	414
13	Diabetes in Children and Adolescents	422
	Key points	422
	Rationale	422
	Introduction	423
	Managing children and adolescents with diabetes	425
	Aspects of care that apply to both Type 1 and Type 2 diabetes in	
	children and adolescents	425
	Managing Type 1 diabetes	427
	Managing childhood Type 2 diabetes	430
	Medication self-management	431
	Other conditions associated with diabetes	431
	Complementary therapy use in children	432
	Strategies for enhancing adherence during adolescence	433
	Ketoacidosis in children	434
	References	434
14	Women, Pregnancy, and Gestational Diabetes	438
	Key points	438
	Rationale	438
	Polycystic ovarian syndrome	439
	Pregnancy	442
	Complications of pregnancy	446
	Effects of diabetes on the baby	447
	Longer term effects of maternal hyperglycaemia on the child	448
	Gestational diabetes	448
	Risk factors for gestational diabetes?	449
	Managing gestational diabetes	450
	Type 1 diabetes	451
	Type 2 diabetes	452
	Menopause and diabetes	452
	Signs and symptoms of menopause	453
	Managing the menopause	453
	Contraception options for women with diabetes	454
	Complementary approaches to managing the menopause References	456
	References	458
15	Psychological and Quality of Life Issues Related to Having Diabetes	463
	Key points	463
	Rationale	464
	Introduction	464
	Depression	469

	Contents	xiii
	Symptoms of depression	470
	Maintaining mental health and managing depression	470
	Screening for psychological distress and depression	472
	Antipsychotic medicines and diabetes	473
	Type 1 diabetes	473
	Type 2 diabetes	474
	Compliance/adherence/concordance	475
	Psychological distress and cardiovascular disease	476
	Quality of life	478
	References	479
16	Diabetes Education	483
	Key points	483
	Rationale	484
	Introduction	484
	Learning styles	486
	Education and other theories/models	489
	Communication – the central element of effective teaching	.07
	and learning	492
	Teaching: an art and a process	494
		495
	Health literacy Survival skills	493
	Sample diabetes education record chart	499
	Empowerment	501
	Special issues	502
	The nurses' role in diabetes education	502
	Insulin administration	504
	Guidelines for teaching people about insulin delivery systems	504
	Documenting diabetes education	505
	Examples instruction sheets	505
	Example Instruction Sheet 3: How to draw up insulin from one bottle Example Instruction Sheet 4: How to draw up insulin from two bottles	505
	(usually a short/rapid acting and an intermediate acting insulin)	506
	Example Instruction Sheet 5: How to give an insulin injection using syringes or insulin pens	506
	Example Instruction Sheet 6a: Managing your diabetes when you are ill:	506
	patients with Type 1 diabetes	306
	Example Instruction Sheet 6b: Managing your diabetes when you are ill:	500
	patients with Type 2 diabetes	508
	Evaluating diabetes education	509
	References	511
17	Nursing Care in the Emergency, Intensive Care, Outpatient Departments,	
	Community and Home-Based Care and Discharge Planning	516
	Key points	516
	Community, practice and home care nurses are in an ideal position to deliver preventative health care education	516
	Rationale The americans department	516 517
	The emergency department	517
	Intensive Care (ICU)	519
	The outpatient department	519
	Community, Practice Nursing, and Home-Based Care	520

xiv Contents

	Introduction	520
	How to obtain advice	521
	General points	521
	Disposing of sharps in the home situation	527
	Storing insulin	528
	Practice nurses	528
	Discharge Planning	529
	Key points	529
	References	530
18	Managing Diabetes at the End of Life	532
	Key points	532
	Introduction	533
	Palliative care and diabetes	534
	Key issues in palliative and end of life care	534
	The end of life process	538
	Key management considerations for managing diabetes at the end of life	540
	Glycaemic targets	541
	Blood glucose monitoring	541
	Hyperglycaemia	542
	Hypoglycaemia	542
	Medicine management	543
	Type 1 diabetes	543
	Type 2 diabetes	544
	Nutrition and hydration	545
	Diabetogenetic medicines	546
	Managing corticosteroid-induced diabetes in palliative care patients	547
	Antipsychotic medicines	547
	Supporting family/carers	548
	Withdrawing treatment	548
	Diabetes education	549
	References	549
19	Complementary and Alternative Therapies	552
	Key points	552
	Rationale	552
	Introduction	553
	CAM philosophy	555
	Integrating complementary and conventional care	556
	Can complementary therapies benefit people with diabetes?	558
	Spirituality	561
	CAM and surgery	561
	Herb/medicine interactions	567
	How can complementary therapies be used safely?	568
	Nursing responsibilities	569
	Identifying quality health information on the Internet	570
	References	572
Ind	ex	575