

Diabetes Then and Now

Georgia A. Horner, RN BSN CDCES

Objectives

- State the goal of diabetes control..
- State the components of the diabetes treatment plan
- State the importance of support system for a person living with diabetes
- State the differences of Pre-diabetes, Type 2, Type 1 and Gestational diabetes.
- State the importance of motivational interviewing to aid with control of diabetes.

Diabetes Timeline

Urine Glucose testing 1908

Starvation Diet 1915-1922

Insulin 1921

Oral medications 1956

Insulin syringes/pens 1924/1985

Insulin pumps 1963

Blood glucose monitoring 1965-1980

Continuous glucose monitors 1999

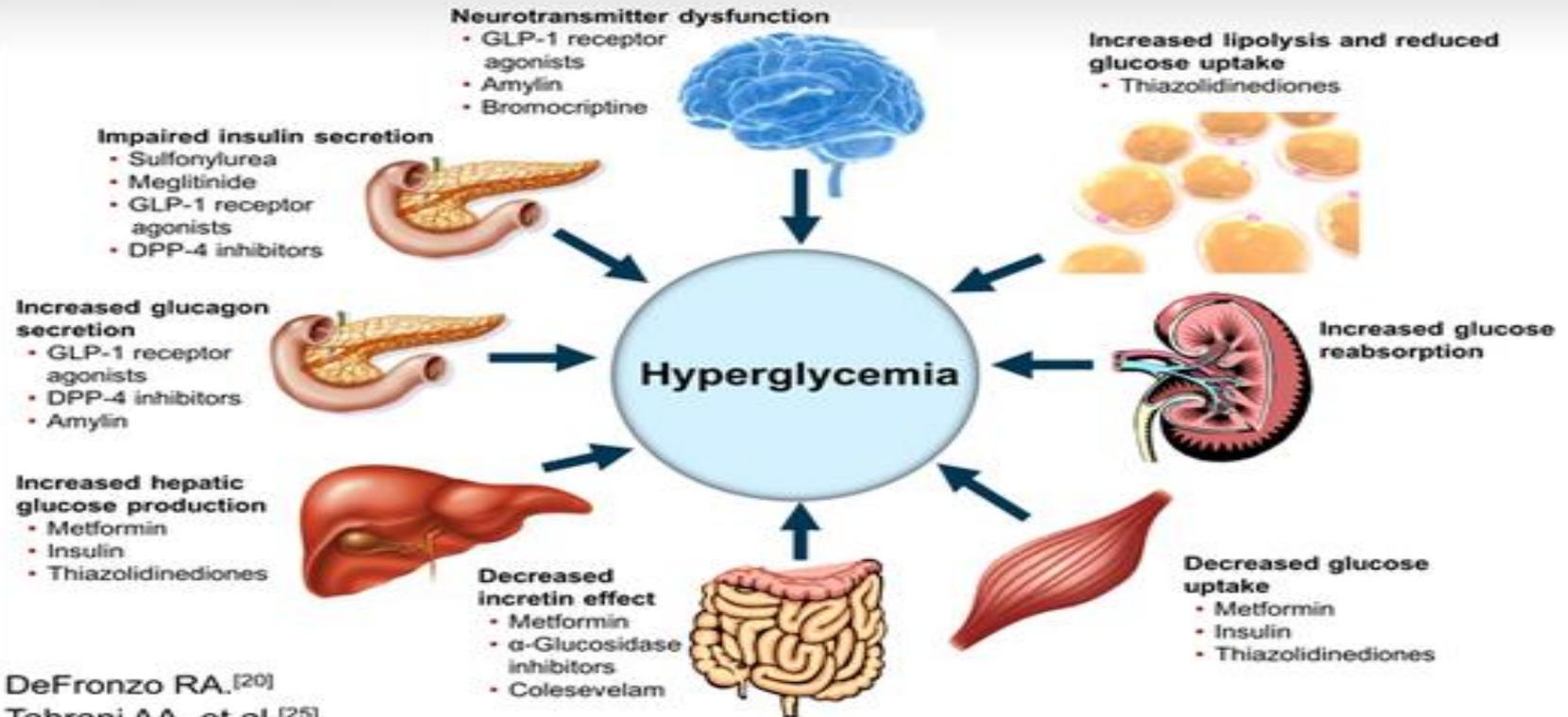
Carb counting vs exchange list 1990

Pre-diabetes

- Prevention-Diabetes Prevention Programs (DPP)
- Treatment plan - Healthy meal planning and exercise daily

Ominous Octet

Hyperglycemia in Type 2 Diabetes



DeFronzo RA.^[20]

Tahrani AA, et al.^[25]

EGREGIOUS 11

- Genetics
- Change in Incretin effect
- Faulty alpha cells
- Gut bugs gone bad
- Immune system troubles
- Digestive dysfunction
- Hungry brain
- Kidney woes
- Insulin resistance in muscle
- Insulin resistance in fat cells
- Insulin resistance in liver

Diabetes Treatment plan

- Healthy meal planning
- Exercise
- Emotional well-being
- Medications



Healthy meal planning

- My Plate method
- Low Carbohydrate meal planning
- Carbohydrate Counting

Benefits

- Insulin sensitivity
- Weight loss
- Positive psychological well-being
- Strengthening of muscles and joints
- Self-esteem



Anti-diabetic Medications

Type 2 diabetes -anti-diabetic medications

Sulfonylureas

Biguanides

Meglitinides

Thiazolidinediones TZDs

GLP-1 receptor agonists

Insulin - Type 1 diabetes

Amylin

Bile Acid Sequestrants

Dopamine 2 Agonists

DPP-4 inhibitors

SGLT2 inhibitors

Medical devices

Insulin syringes/pens

Inhaled insulins

VGO insulin administration pod

Insulin pumps

Self blood glucose meters

Continuous glucose monitors

Emotional Health

Diabetes distress (burnout)

HEALTHY COPING

Person with diabetes: BE GOOD TO YOURSELF

Seek support

MOVE

THINK POSITIVE

Motivational interviewing

R-resist the righting reflex

U- understand the person's own motivations

L- listen with empathy

E- empower the patient

Complications

HYPOGLYCEMIA

CV disease

Neuropathy

Nephropathy

Retinopathy

Foot damage

Skin damage

Hearing impairment

Alzheimer disease

Diabetic Ketoacidosis

Summary

- Advances with the care of diabetes has increased life expectancy of person living with diabetes
- Quality life exists with living with diabetes
- Technology has aided to decrease life burdens of living with diabetes

Thank you

Georgia Horner <rickandgeorgia@live.com>