WCU DIABETES EDUCATION SUMMIT

Diabetes Care in the Acute Care Setting
More than 20% of hospitalized patients in the U.S. have a diabetes associated diagnosis
Approx. 50% of these hospitalizations represent readmissions
Longer more costly hospital stays
Hospital systems of care should be developed
COMPONENTS OF MANAGEMENT

1. Establishment of BG targets
2. Nutrition
3. A1C
4. Insulin Therapy
5. BG Monitoring
6. Hypoglycemia Treatment
EDUCATION TO THE PATIENT

- Assess
- Initiate
- Basics / Survival Skills
- Team Approach
- Community Resources
- Diabetes Educator is Key
Some studies have indicated a reduction in leave of hospital stay, DKA incidence, fewer ED visits and adherence to self-care behaviors.
Learning Barriers
- Poor literacy
- Non-English speaking
- Mental illness
- Impaired vision
- Loss of exterity

Temporary
- Medically unstable
- Pain
- Sedated / Cognitively impaired
- Unable to participate in education process
PREPARE!

- Review medical record thoroughly
- Clarify patient needs with care team
- Assessment of education needs
1. Simple definition of diabetes
2. Healthy eating
3. Exercise
4. Medications
5. BG monitoring
6. Hi & low BGs & what to do
7. Sick Day Guidelines
8. Foot Care
9. Who to contact
10. D/C support/education
MOTIVATIONAL INTERVIEWING

- Ask
  - Open ended
- Listen
  - To understand your patients experience
  - Express empathy
  - Use summaries
- Inform
  - Ask permission to provide information
Hospital System Example

- Staff nurses for basic diabetes education
- Diabetes Educator (resources nurse or RD)
- Group Education Classes
- Diabetes Team
PATIENT TOOLBOX ON THE FLOOR

- Diabetes Education Booklets
- Insulin PEN tear sheets
- Insulin PEN teaching sets
- PEN needles
- Drawing & Injecting tear sheets
- Insulin syringes and saline vial
- Practice Pillow
- BG meter tear sheet

- Diabetes Resource Educator to restock
GENERAL PRINCIPLES

- Teach early
- Multiple planned sessions
- Include family
- Listen!!
- Adult learning needs
- Written instructions
- FOLLOW UP!
CASE STUDY

- 32 year old male
- T1D x 18 years
- “Noncompliant”
- 3rd admission x 6 months with DKA
THANK YOU!