

Phoenix Home Care, L.L.C.

Diabetes Protocol



Goals of care:

- Blood sugar range will be within normal limits for the patient
- Patient/caregiver will demonstrate competent self care skill management for diabetic care, medication, insulin adherence and use
- Patient/caregiver will demonstrate competent self care skill management for injection administration
- Reduce rate of hospitalization

The patient and caregiver will be educated on the following:

- Signs and symptoms of hypo/hyperglycemia
- Treatment and prevention of hypo/hyperglycemia
- Frequency of capillary blood glucose monitoring and recording results as tested
- Foot care (i.e. keep feet clean and dry, apply lotion except between toes, inspect feet daily, wear properly fitted shoes)
- Importance of podiatry and ophthalmology appointments
- Diabetic diet and referral to dietitian if indicated
- When to notify MD
- Medication management and/or insulin regimen
- A1C as ordered by MD
- Importance of regular exercise
- Anxiety and stress reduction techniques
- Smoking cessation

Key assessment points:

- Education on:
 - signs and symptoms of hypo/hyperglycemia
 - blood sugar parameters as established by MD
 - annual optometry appointment and referral to podiatrist
 - notifying MD if blood sugars are out of established parameters
- Assessment of patient/caregiver:
 - independence with capillary blood glucose monitoring and recording results as tested
 - knowledge of diabetic diet and referral to dietitian if indicated
 - foot/skin integrity
 - knowledge of daily foot care
 - adherence and understanding of medication, and/or insulin regimen