

## **This is only “part” of the puzzle:**

This tool is a component of the  
“*Home Telehealth Disease  
Management Series*”.

- ✓ Patient Selection Criteria
- ✓ Staff Education Guide
- ✓ **Patient Self-Care Workbook**
- ✓ Decision Support Tool
- ✓ Patient Encounter Documentation Tool

## **DIABETES:**

### Patient Self-Care Workbook



## **Learn how to manage your condition:**

- ❖ What about the disease process and risks?
- ❖ How can medicine, diet, and exercise help?
- ❖ What can YOU do to improve your health?

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### What does Diabetes mean?

What does diabetes mean?

- Diabetes is a disease in which the body does not make or properly use insulin. Insulin is a hormone produced by the pancreas. Insulin is needed to turn sugar, starches, and other food into energy. When you have diabetes, your blood glucose (sugar) level becomes high and must be controlled.
- There are 2 main types of diabetes:
  - ✓ Type 1 – The body does not make any insulin. Insulin must be taken every day.
  - ✓ Type 2 - The most common type of diabetes. The body does not make or use insulin well. Insulin or pills are taken to control Type 2 diabetes.
- It is very important to get your diabetes under control.
- Diabetes can lead to many health problems including:
  - ✓ Heart disease and stroke
  - ✓ Eye disease that can cause problems with your eyesight
  - ✓ Kidney problems
  - ✓ Nerve damage that can cause numbness and tingling in your hands and feet
  - ✓ Gum disease and loss of teeth

### My Personal Plan: (continued)

Things that would help me meet my goal:

My confidence in being able to meet my GOAL:

**0 1 2 3 4 5 6 7 8 9 10**  
 Not Confident Very Confident

**For More Information:**

American Diabetes Association  
[www.diabetes.org](http://www.diabetes.org) 1-800-342-2383

National Diabetes Education Program  
[www.ndep.nih.gov](http://www.ndep.nih.gov) 1-800-438-5383

Centers for Disease Control and Prevention  
[www.cdc.gov/diabetes](http://www.cdc.gov/diabetes) 1-877-232-3422

**Local Resources:** \_\_\_\_\_

**My Personal Plan:**

I would like to work on the following areas to manage my diabetes:

Taking my  
Medicine

Eating  
Healthy

Regular  
Exercise

Other

Foot  
Care

**My Personal Plan:**

My GOAL for the next month is:

Possible problems in meeting my goal:

**Take this booklet with you to your doctor appointment.**

**Know the “ABCs” of Diabetes.**

“A”

is for the **A**1C test. This is a blood test that shows how well your blood glucose has been controlled over the last 3 months. Your A1C goal should be less than 7%. You should have this test at least 2 times each year.

“B”

is for **B**lood pressure. High blood pressure makes your heart work too hard and can cause heart disease, stroke, and kidney problems. The blood pressure goal when you have diabetes is 130/80 or less.

“C”

is for **C**holesterol. Bad cholesterol (“LDL” level) clogs up your blood vessels and can lead to heart disease and strokes. Your LDL goal should be less than 100.

**Diabetes can be managed.**

This booklet was put together to help you understand your role (“self-care”) in keeping your diabetes under control.

Self-care includes: See: <http://www.diabeteseducator.org/> (AADE7™)

1. **Healthy Eating:** following your diabetes food plan
2. **Being Active:** Exercising and staying active
3. **Monitoring:** Checking your blood glucose regularly and knowing when to take action
4. **Taking Medications:** Taking your medicines correctly as ordered by your doctor
5. **Problem Solving:** Knowing when to take action if you have a problem (example: Low blood sugar)
6. **Reducing Risks:** Taking care of and checking your feet every day, not smoking, seeing your doctor regularly, and seeing an ophthalmologist regularly
7. **Healthy Coping:** Having a support network and ways to manage tough times

## Medicines:

- There are several types of medicines that your doctor may prescribe to manage your diabetes.
- You may be on more medicines than these.
- Your doctor, nurse, or pharmacist will give you more specific information about your medicines.
- Always check before taking over-the-counter medicine or herbal supplements. Some of these medicines may interact with your prescribed medicines and cause problems.
- Your home care nurse will work with you to make sure you understand all of your medicines.
- If you often forget to take your medicine, your nurse can show you different ways to help you remember to take your medicine at the right times.

## Your Action Plan:

Use this guide to help you report changes in your symptoms to your doctor or home care provider.

***Reporting symptoms early may keep you out of the hospital.***

### You are doing WELL when:

- Your A1C level is under 7%
- Your average blood glucose levels are usually less than 150
- Most fasting blood glucose levels are less than 150

### Call your home care nurse or doctor when:

- Your A1C is between 7 and 9
- Your average blood glucose levels are between 150 and 210
- Most fasting blood glucose levels are between 150 and 200
  - You may need to improve your diet, increase activity, or change medicines

### Call your doctor RIGHT AWAY when:

- Your A1C is greater than 9
- Your blood glucose levels during the day are over 210
- Most fasting blood glucose levels are over 200
  - You need to be evaluated by a doctor

Reference: [www.improvingchroniccare.org/tools/criticaltools.html](http://www.improvingchroniccare.org/tools/criticaltools.html)

**DIABETES CARE RECORD:**

Take this record with you to your doctor appointment. Write down and keep track of your results.

**A1C (blood glucose) ---At least 2 times per year  
Usual goal is <7%**

Date:			
My A1C			

**Blood Pressure (BP)  
--- Each home visit and doctor appointment  
--- Usual goal is < 130/80**

Date:					
My BP:					

**Weight --- Each doctor appointment**

Date:			
My Weight:			

**Dental Exam --- At least 2 times per year**

Date:			
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Do the following at least 1 time per year:	Date:	Results:
<b>Cholesterol blood test – Usual goal is LDL level &lt;100</b>		
<b>Dilated eye exam</b>		
<b>Complete foot exam</b>		
<b>Kidney Check (blood work and urine test)</b>		
<b>Flu Shot</b>		

Pneumonia shot: At least once: Date \_\_\_\_\_

**DIABETES MEDICINES:**

**Oral diabetes medicines**

These medicines work in a variety of ways to keep your blood glucose under control. For example, some increase the amount of insulin made by the pancreas and some may decrease absorption of glucose in the intestines.

I am taking: \_\_\_\_\_

**Insulin**

Some persons with Type 2 diabetes will need insulin injections to get the blood glucose under control. Type 1 diabetes must have insulin. Insulin is given one or more times per day. There are several different types of insulin. Some are long acting and may be given once per day. Intermediate acting insulin is often given two times per day. Short acting insulin is taken more often, usually based on blood glucose level.

My insulin type(s) and schedule: \_\_\_\_\_

**High blood pressure medicines**

If you have diabetes and high blood pressure, you should be taking a certain type of medicine – either an “ACE Inhibitor” or an “ARB.” These drugs work by opening up your blood vessels.

I am taking: \_\_\_\_\_

**Cholesterol lowering medicines**

If your LDL level is high, you should be taking a medicine to bring your LDL level less than 100. A common type of cholesterol medicine is called a “statin.”

I am taking: \_\_\_\_\_

**Blood Glucose Levels:**

Your nurse will teach how to check your blood glucose levels using a machine called a “glucometer.” This involves a small prick of your finger to obtain blood. Glucometers and test strips measure glucose using “whole blood” or “plasma.” Find out which type you use. Ask your doctor or nurse about how often you should check your blood glucose levels.

General guidelines for your blood glucose levels are:

	Plasma Values	Whole Blood Values
Before meals	90-130	80-120
At bedtime	110-150	100-140

Talk to your doctor about how often you should check your blood glucose and your expected blood glucose levels.

**Goals:**

**Before meals:** Between \_\_\_\_\_ and \_\_\_\_\_.  
**At bedtime:** Less than \_\_\_\_\_.

**Low Blood Glucose (hypoglycemia)**

If you have the following symptoms, your blood glucose level may be too low.

- ✓ Feeling weak
- ✓ Feeling dizzy
- ✓ Sweating
- ✓ Feeling changes in your heartbeat
- ✓ Feeling hungry

Check your blood glucose right away.

If it is less than 70, eat one of the following right away:

- 2 or 3 glucose pills
- ½ cup of fruit juice
- ½ cup of regular, non-diet soda
- 1 cup of milk
- 5-6 pieces of hard candy

Check your blood glucose after 15 minutes. It should return to a healthier level (90-130). If it is at least 1 hour before your next meal, eat a snack.

**2. Telemonitoring**

A monitoring system is placed in your home. This may include a blood pressure cuff, and other devices, such as a glucometer. The monitor may also include questions on a computer that you answer each day. Some systems include computer screens where you and your nurse can see each other while you talk. Your nurse may watch you draw up your insulin. Your nurse will teach you how to use the telemonitoring system.

Your information (blood glucose level, blood pressure, etc.) is sent to the home care agency computer, usually over the telephone lines. A nurse at the agency checks your information every day. If there are changes, your nurse will call you or visit you at home.

**3. You call the home care agency**

Your blood glucose may be up, you may notice a sore on your foot, or you may be having symptoms. You may just want to ask a question.



The home care nurse may give you advice over the telephone, may want to see you at your home to check your condition, or may tell you to call 911 if your symptoms are severe.

## Telehealth Strategies...

In addition to seeing you in your home, your home care nurse may also suggest or use “**telehealth**” to monitor your diabetes.

### What is telehealth ?

#### 1. Your home care nurse calls you on the phone – simple telephone monitoring.

You will be asked questions about your blood glucose levels, or if you are having any symptoms. Your nurse will review information you need to know to better manage your diabetes.

**“What was your blood glucose level this morning?”**

## Diet:

To keep your blood glucose at a healthy level, you should:

- Eat about the same amount of food each day
- Eat your meals and snacks at about the same time each day
- Do not skip meals
- Take your medicines at the same time each day
- Exercise at about the same time each day.

You should already have a Diabetes Meal Plan that fits your eating habits, your routine, and your diabetes medicines. If you do not, your home care nurse should refer you to a diabetes educator or dietitian. The diet for a person with diabetes is basically a healthy and balanced diet. You should eat foods that are low in fat and salt to decrease high blood pressure and heart problems.

Your Diabetes Meal Plan is based on:

- your size,
- any need to lose weight, and
- your amount of exercise.

Fill in the amount of servings that your diabetes educator has recommended that you eat from each food group:

- \_\_\_\_\_ Starches
- \_\_\_\_\_ Vegetables
- \_\_\_\_\_ Fruits
- \_\_\_\_\_ Milk and yogurt
- \_\_\_\_\_ Meat or meat substitute
- \_\_\_\_\_ Fats

**Foot Care:**

- Foot care is very important.
- Nerve damage can cause a lack of feeling.
- You may not feel the pain of an injury.
- Cuts, blisters, or sores may heal slowly and you are at risk for serious infection.

## Things I should do:

- ✓ Check my feet every day for sores, red spots, or swelling.
- ✓ Wash my feet every day in warm water and dry them well.
- ✓ Keep my skin soft and smooth by using lotion over the top and bottom of my foot but not between toes.
- ✓ Keep my toenails trimmed.
- ✓ Wear well fitting shoes and socks at all times.
- ✓ Get rid of poorly fitting shoes.
- ✓ Protect feet from hot and cold.
- ✓ Ask my nurse or doctor to check my feet with each visit.

**Activity and Exercise:**

- Exercise is very important when you have diabetes.
- Exercise keeps you healthy and helps to control your blood glucose.
- It is important to **start slowly** when you are not used to exercise. A home physical therapist can help you begin your exercise program.

You will be instructed in ways to safely exercise such as:

- Drink water before and after you exercise.
- Warm up and cool down for 5-10 minutes before and after exercising. For example, walk slowly before you start and after you finish your exercise.
- Test your blood glucose before and after exercise. If your blood glucose is less than 100, eat a small snack first. Do not exercise if your blood glucose is over 300.
- Know symptoms of low blood glucose (hypoglycemia) and how to treat it.
- Keep glucose pills or hard candy handy when you exercise in case of a low blood glucose reaction.
- Teach your family and friends about the symptoms of low blood glucose and actions to take.
- Check your feet for redness or sores after exercising.