

# Partners in Quality Care

- **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 a person has diabetes, their blood glucose (sugar) level becomes high and must be controlled.**
- **There are two 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.**
- **In your role as an In-home aide, you can help your client manage their diabetes and look for symptoms to report to your supervisor.**



*In-Home Aides Partners in Quality Care* is a monthly newsletter published for our members.

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## What you will learn:

- Facts about Diabetes
- High and low blood sugar and what to look for
- Symptoms of Diabetes
- The Aide's Role in working with a client with diabetes.

## Diabetes Facts:

- Nearly 26 million children and adults in the United States have diabetes
- 79 million Americans have prediabetes
- 1.9 million Americans are diagnosed with diabetes every year
- Nearly 10% of the entire U.S. population has diabetes, including over *25% of seniors*
- As many as 1 in 3 American adults will have diabetes in 2050 if present trends continue
- The economic cost of diagnosed diabetes in the U.S. is \$245 billion per year

## Diabetes can lead to many health problems including:

- Heart disease and stroke
- Eye disease that can cause problems with your eyesight
- Kidney problems- Diabetes is the leading cause of kidney failure, accounting for 44% of all new cases of kidney failure
- Nerve damage that can cause numbness and tingling in your hands and feet
- Gum disease and loss of teeth

## Meals- Healthful Food Choices include: (be sure to follow the client's specific plan of care regarding dietary needs and suggestions).

- Encourage your client to eat lots of vegetables and [fruits](#). ( as allowed)
- Encourage your client to eat [non-starchy vegetables](#) such as spinach, carrots, broccoli or green beans with meals.
- Encourage your clients to choose [whole grain foods](#) over processed grain products. Try brown rice or whole wheat spaghetti
- Encourage your client to include [dried beans](#) (like kidney or pinto beans) and lentils into meals.
- Encourage your client to include [fish](#) in their meals 2-3 times a week.
- Encourage your client to choose [lean meats](#) like cuts of beef and pork that end in "loin" such as pork loin and sirloin. Remove the skin from chicken and turkey.
- Encourage your clients to choose [non-fat dairy](#) such as skim milk, non-fat yogurt and non-fat cheese.
- Encourage your clients to choose water and calorie-free "diet" drinks instead of regular soda, fruit punch, sweet tea and other sugar-sweetened drinks.
- Encourage your clients to choose [liquid oils](#) for cooking instead of solid fats that can be high in saturated and *trans* fats. Remember that fats are high in calories.
- Encourage your clients to cut back on high calorie snack foods and [desserts](#) like chips, cookies, cakes, and full-fat ice cream.
- Eating too much of even healthful foods can lead to weight gain. Encourage your clients to watch portion sizes.
- **Follow the diet instructions on the plan of care if you are providing meal preparation for your client! A diabetes meal plan is based on the client's size, any need to lose weight, and their amount of exercise.**

## Newsletter

**Resources:** AGS foundation for Health in Aging; American Diabetes Association; National Council on Aging; AHHC Caring Connection - Helping Patient's to Manage Diabetes; National Diabetes Education program - NDEP is a partnership of the [National Institutes of Health](#), the [Centers for Disease Control and Prevention](#), and more than 200 public and private organizations; CDC National Diabetes Fact Sheet 2011; Home Health Quality Improvement (HHQI) Diabetes Patient Self Care Workbook.

### Symptoms of Diabetes

- **Unexplained weight loss**
- Extreme hunger
- **Sudden vision changes**
- Tingling or numbness in the hands and feet
- **Feeling very tired much of the time**
- Very dry skin
- **Frequent urination**
- Sores that heal slowly
- **More infections than usual**
- Irritability, mood changes, and/or feeling edgy
- **Feeling sick to your stomach and vomiting**
- Flu like symptoms in children
- **Recurring skin, gum, vaginal or bladder infections**
- Excessive thirst

### Treatment for Diabetes

- **Healthy Eating**
- **Physical Activity**
- **Medication - Insulin injections and/or medications taken by mouth**

### Hypo (low) Hyper (high) glycemia

- **When the blood sugar becomes too high or too low, serious problems can arise**
- **Hyperglycemia is high blood sugar**
- **Hypoglycemia ( sometimes called an insulin reaction) is low blood sugar**

### How Do Our Bodies Work?

- Food that we eat is broken down in the stomach and bowels to form glucose
- The glucose is absorbed into the blood and carried to the cells in the body
- The glucose is then burned to produce energy
- Any glucose not used is stored in the cells

### Insulin and its Role:

- Insulin is produced by the pancreas which is an organ located behind the stomach
- The insulin helps the glucose get into the body's cells
- If there is not enough insulin, or the body does not use the insulin correctly, the glucose stays in the bloodstream
- **High levels of glucose in the bloodstream causes diabetes**

### Hyperglycemia Can be caused by:

- Not taking insulin or not taking enough insulin
- The insulin in the body is not working properly
- Eating too much
- Less exercise than planned
- Stress
- Illness

### Symptoms of Hyperglycemia: ( high blood sugar)

- High blood sugar
- The urine has high sugar levels
- Increased thirst
- Frequent urination

### Hypoglycemia can be caused by:

- Taking too much insulin
- Not eating enough
- Not eating on time
- Exercising too much

### Symptoms of Hypoglycemia: ( low blood sugar)

- Pale and sweating skin
- Dizziness and/or shakiness
- Headache
- Hunger
- Confusion
- Sudden mood or behavior changes
- Clumsy or jerky movements
- Feeling weak
- May appear "drunk"

## The Aide's Role:

- Report any signs and symptoms of diabetes to the case manager or supervisor
- Encourage the patient to follow their prescribed diet. Be sure to know what type of diet to prepare and how to prepare it if meal preparation is one of the assigned tasks for you on the care plan.
- Report any deviations from diet e.g. eating large amounts of sugary food, frequent alcohol use
- Encourage/remind patient to take medications as ordered
- Report missed medication doses to your supervisor
- Report any signs of improper storage of medications e.g. insulin sitting in direct sunlight or in the freezer
- Inform your supervisor if patient is not eating or has diarrhea, vomiting etc.
- Inform your supervisor if patient is "sick"
- Report any signs and symptoms of hypo/hyperglycemia immediately and know the plan for your client if this were to occur
- Report any new shortness of breath immediately
- Encourage patient to keep regular MD appointments
- Provide good foot care: ( be sure to follow the plan of care)
- Wash feet carefully and dry between the toes well
- Inspect feet for blisters, cuts, redness, swelling
- Check for hot or cold feet
- Encourage client to wear socks and comfortable shoes and avoid bare feet
- Avoid restrictive garters or knee high stockings
- Avoid things that increase skin dryness such as hot water, bubble bath, scented soaps
- Use moisturizing soaps and skin cream ( according to the plan of care)

### **Common Terms used with Diabetes:**

**A1C** -a test that measures a person's average blood glucose level over the past 2 to 3 months. Hemoglobin is the part of a red blood cell that carries oxygen to the cells and sometimes joins with the glucose in the bloodstream. Also called hemoglobin A1C or glycosylated (gly-KOH-sih-lay- ted) hemoglobin, the test shows the amount of glucose that sticks to the red blood cell, which is proportional to the amount of glucose in the blood.

**Blood glucose** -the main sugar found in the blood and the body's main source of energy. Also called blood sugar.

**Blood glucose level** -the amount of glucose in a given amount of blood. It is noted in milligrams in a deciliter, or mg/dL.

**Blood glucose meter** -a small, portable machine used by people with diabetes to check their blood glucose levels. After pricking the skin with a lancet, one places a drop of blood on a test strip in the machine. The meter (or monitor) soon displays the blood glucose level as a number on the meter's digital display.

**Blood glucose monitoring** -checking blood glucose level on a regular basis in order to manage diabetes. A blood glucose meter (or blood glucose test strips that change color when touched by a blood sample) is needed for frequent blood glucose monitoring.

***A HEARTFELT THANK YOU GOES OUT  
TO ALL OF THE HARD WORKING AND  
DEDICATED NURSE AIDES WORKING AT  
ALL LEVELS TO PROVIDE CARE TO THE  
COUNTLESS CITIZENS ACROSS  
THE COUNTRY.***

***THANK YOU FOR YOUR DEDICATION  
AND SERVICE TO THOSE YOU CARE FOR  
AND FOR ALL YOU DO!***

***HAPPY NATIONAL NURSING  
ASSISTANTS WEEK JUNE 12-19, 2014!!***



**June 2014- In-Home Aide Newsletter Post Test- Diabetes**

Name \_\_\_\_\_ Date \_\_\_\_\_

1. High levels of \_\_\_\_\_ in the bloodstream causes diabetes. (Fill in the blank)
2. \_\_\_\_\_ which is produced by the pancreas helps glucose get into the body's cells (Fill in the blank )
3. If there is not enough insulin, or the body does not use the insulin correctly, the glucose stays in the bloodstream. (check true or false)  
True                      False
4. There is only one type of diabetes (check true or false)  
True                      False
5. A healthy meal plan for people with diabetes is generally the same as a healthy diet for anyone but your client may have a specific meal plan based on their size, activity and any need to lose weight. (check true or false)  
True                      False
6. Diabetes is the leading cause of kidney failure. (check true or false)  
True                      False
7. \_\_\_\_\_ is the term for high blood sugar and \_\_\_\_\_ is the term for low blood sugar. (Fill in the blanks)
8. Hypoglycemia can be caused by: (check the correct answer or answers):
  - a. Taking too much insulin
  - b. Not eating enough
  - c. Not eating on time
  - d. Exercising too much
  - e. all of the above
9. There is no treatment for diabetes. (check true or false)  
True                      False
10. A person with Hypoglycemia may appear confused or "drunk". (check true or false)  
True                      False

**Bonus Question-** What action should you take if your client's condition changes?

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