



CommCare Corporation

Managing Diabetes

Digestion & Diabetes . . .

During digestion, some food is broken down into sugar or glucose, which travels through the blood in order to provide energy to the cells. Insulin, produced in the pancreas, helps sugar move from the blood to cells. Sugar makes blood sugar go up while insulin lowers blood sugar level by helping the sugar move from the blood to the cells.

Most Common Types of Diabetes:

- Type 1 – the body makes little or no insulin. People with Type 1 diabetes must take insulin every day. Type 1 usually occurs in children or young adults
- Type 2 – the body prevents insulin produced from working properly. About 90-95% of people with diabetes have Type 2. Type 2 diabetes usually occurs in people who are older or overweight.

Common Signs & Symptoms

- Urinating often
- Unusual weight loss
- Extreme fatigue
- Blurry vision
- Numb or tingling hands or feet
- Being thirsty more often than usual
- Being hungry more often than usual
- Tired more often than usual
- Cuts & bruises that are slow to heal

Diabetes in the Older Population . . .

About 25% of individuals in skilled nursing facilities have diabetes as well as comorbidities which can include cardiovascular disease, hypertension, stroke or dementia. Because of the comorbidities, treatment must be individualized. Short term management includes avoiding hypoglycemia and hyperglycemia, diabetes education, improvement of fatigue and overall well-being.

Our Approach . . .

- Blood sugar monitoring
- Blood pressure monitoring
- Skin & wound care
- Foot care
- Immunizations
- Patient Education
- Medication management
- Nutritional counseling
- Exercise & activities
- Eye & oral care
- Diabetic neuropathy management

Managing Diabetes:

- Monitor Blood sugar, Blood Pressure & Manage comorbidities
- Medication Management
- Activities &/or Therapy to Increase Blood Flow
- Monitor Skin Integrity
- Wound Care Protocols by Licensed Staff
- Social Services
- Education
- Foot, Eye & Oral Care

