



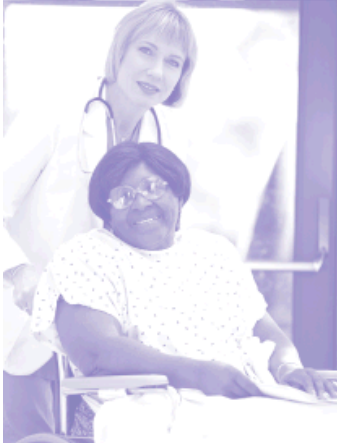
DIABETES MANAGEMENT

in Long-Term Care Facilities: A Practical Guide

Fifth Edition

A collaborative effort of

**Hennepin County Medical Center
Minneapolis-St. Paul Diabetes Educators
Minnesota Department of Health**



MINNEAPOLIS-ST. PAUL DIABETES EDUCATORS



Diabetes Management in Long-term Care Facilities: A Practical Guide
5th Edition

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Purpose

The purpose of this document is to provide guidance for the care and management of the resident with diabetes in the long-term care setting. It is intended for use by direct care clinicians, especially nurses and nursing assistants who care for residents with diabetes.

Most diabetes control guidelines emphasize tight blood sugar control to prevent complications. But for elderly long-term care residents, these types of guidelines do not apply because the burdens of tight control outweigh the benefits. For residents who are younger, or those who are in sub-acute or transitional care, tight diabetes control may be an appropriate goal. Blood sugar goals could differ with every resident and may need occasional adjustments as their health status changes.

Essential aspects of caring for a resident with diabetes in a long-term care facility are:

- ✓ Setting goals for care
- ✓ Weighing the burdens and benefits of the treatment plan
- ✓ Respecting the resident's preferences

How to use this guide

The Guide incorporates information from recent research and diabetes care guidelines. We have kept the Guide brief for quick and easy review. The text has been kept simple to aid those with limited English reading skills. Words that are underlined are defined in the Tool Kit Glossary (section D). Some definitions are provided in shaded boxes within the text.

More detailed information can be found in the companion Tool Kit. The Tool Kit has practice- and evidence-based diabetes resources, including

- Staff training materials
- Educational handouts for residents
- An extensive listing of diabetes medicines and insulins
- A list of references and resources for further information

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