

## Chapter 20

# Outpatient Management, Education, Support Groups, and Standards of Care



### WHAT SHOULD HAPPEN AFTER A DIAGNOSIS OF DIABETES?

- Regular follow-up visits should be every three months for people with diabetes. Diabetes education should continue for the patient and family at these visits.
- The insulin dose may be changed during these visits. It is usually increased one-half unit per pound of weight gained (just to have the same dose for weight).
- Growth and other signs of sugar control such as liver size and finger curvatures are checked. If blood sugars are high, the sugar collects on the joint proteins and finger curvatures may result.
- On the physical exam, items such as thyroid size and eye changes are checked.
- The HbA<sub>1c</sub> blood test (see Chapter 14) should be done every three months.

- After having diabetes for three years as a teen or adult, eye exams by an eye doctor and special kidney tests are very important to have each year (see Chapter 22).
- For people with type 2 diabetes, the eye and kidney tests should be done at the time of diagnosis, and then yearly.

### WHAT ELSE IS IMPORTANT?

- Communication (fax, e-mail) of blood sugar values to the health care provider is often helpful.
- The families should let their diabetes provider or diabetes team know about any of the following:
  - any severe low blood sugar (hypoglycemic) reactions
  - frequent mild reactions
  - moderate or large urine ketones or blood ketones above 1.0 mmol/L

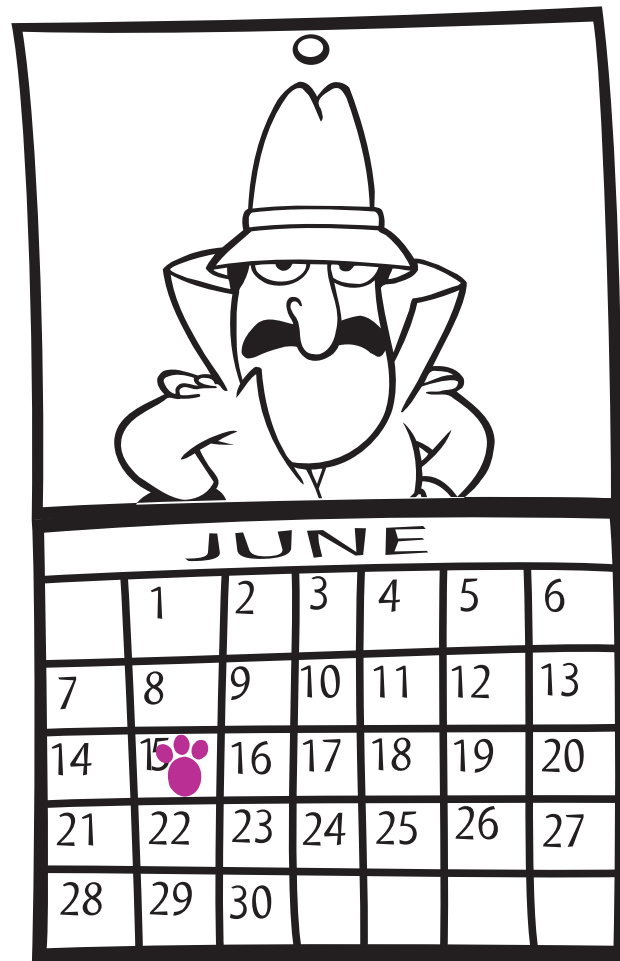
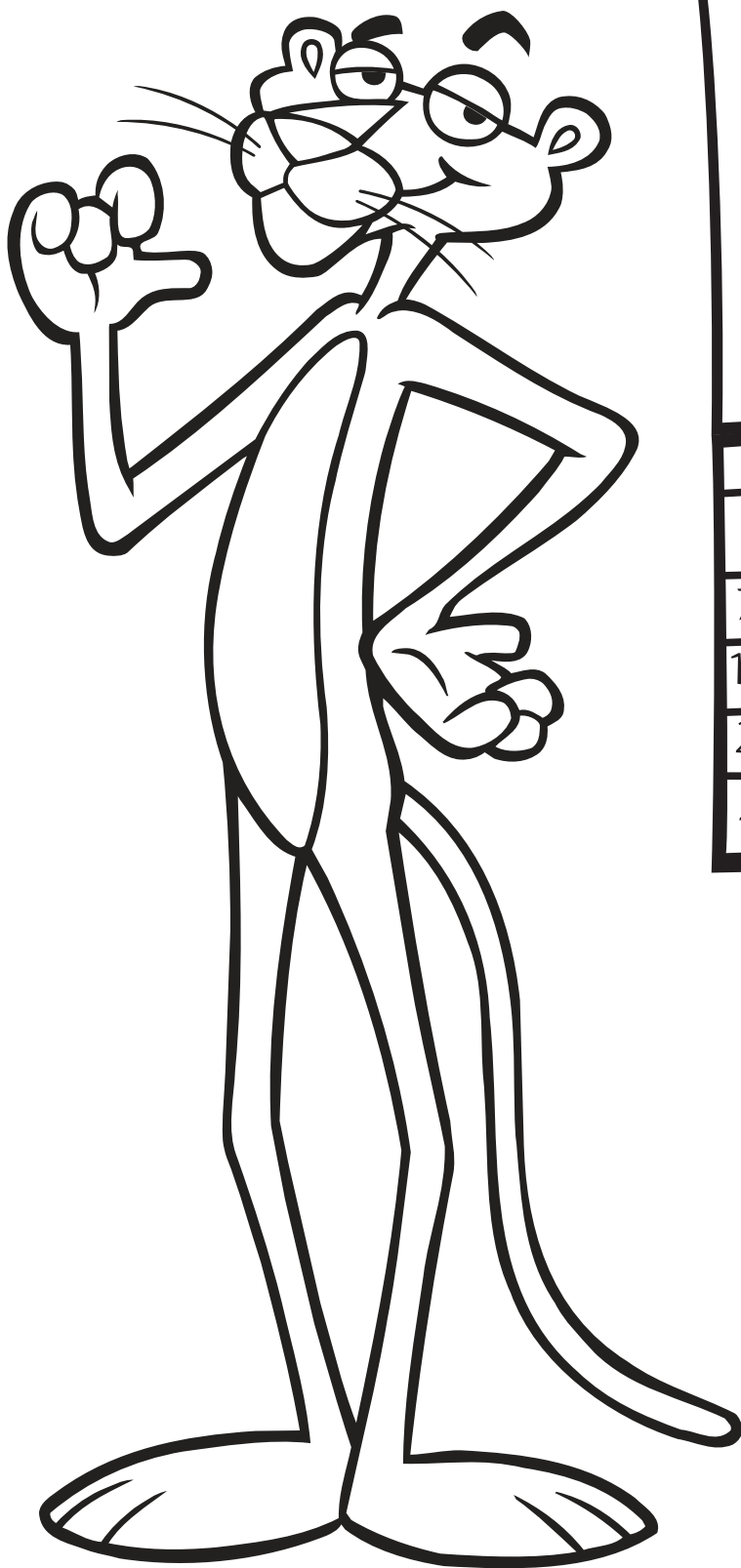
- any planned surgery
- if at least half of the blood sugar values are not in the desired range for age (see Chapter 7)

Support groups and special educational programs (Research Updates, Grandparents Workshop, College-Bound Workshop, etc.) are available in many areas.

Special events (ski trips, bike trips, camping, a Halloween party, etc.) help children and families to learn more about diabetes. They also provide a chance to talk to others who have a family member with diabetes.



Faxing or e-mailing  
blood sugars to the clinic  
between visits is very important.



Mark your calendar  
to remind you  
of follow-up visits  
every three months.



You need to think about your insulin dose.