Discharging a Patient with Diabetes: It Starts at Admission

New York State Pay for Performance Adverse Drug Events Webconference

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Dr. Desemone has no financial disclosures nor conflicts of interest
Discharging a Patient with Diabetes:
It Starts at Admission

Learning Objectives

1. List the 7 prescriptions that may be needed for a patient who has just begun insulin treatment.

2. Discuss why the HbA$_{1c}$ should be measured during a hospital admission.

3. List 3 diabetes survival skills.
Discharging a Patient with Diabetes: It Starts at Admission

1. Avoiding Sliding Scales
2. Basal-Bolus Therapy
3. Prescriptions
4. Planning for transition to home
71 yo retired petrochemical chemist (paint industry)

• Admitted w/ cellulitis, left foot to the Vascular Surgery service

• 2008
  – Right leg arterial stent
  – Right 4th toe amputation 2008

• Quit smoking 1980
71 yo retired petrochemical chemist (paint industry)

- Type 2 Diabetes, 2002
- Home:
  - FSBG before breakfast: “between 205 and 210”
    - Metformin 1000 mg twice a day
    - Acarbose 50 mg with meals
    - Glipizide 10 mg with meals

- Is this working?
Recommendations for Diabetes Treatment

...After Discharge

HbA$_{1c}$

...On Admission
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- **Type 2 Diabetes, 2002**
- **Home:**
  - FSBG before breakfast: “between 205 and 210”
    - Metformin twice a day
    - Acarbose 50 mg with meals
    - Glipizide 10 mg with meals
- **Is this working?**

\[ HbA_{1c} = 9.6\% \]
Inpatient Management of Diabetes Mellitus

Sliding Scale Insulin

- antiquated
- dangerous
- fraught with error
- not evidence-based
- does not improve glycemic control
Insulin Levels in Individuals without Diabetes
Basal-Bolus Therapy
Multiple Daily Injection (MDI) Therapy

Aspart
Lispro
Glulisine

Glargine
Detemir

BT B L S BT

Intensive Therapy
American Diabetes Association
Target for Inpatient Glycemic Control

110 – 140
before meals and at bedtime

NOT “ac and hs”*

*Leigh Briscoe-Dwyer, PharmD, BCPS, FASHP (personal communication)
What do we have to teach Mr. PC-C so he can return to home safely?

Diabetes Survival Skills for Patients

Know how to:

1. use an insulin pen
2. do fingersticks.
3. recognize and treat hypoglycemia
To what extent does your hospital utilize insulin pens?

1. All inpatient areas
2. Select inpatient areas
3. Outpatient services/clinics
4. Have suspended/discontinued the use of insulin pens
5. Have never used insulin pens
When should we teach Mr. PC-C the Diabetes Survival Skills?

As soon as he is able.

Team approach:

» Patient
» Family/Caregiver
» Bedside nurse
» Pharmacist
» Case manager
» Physician
Diabetes Prescriptions
7 Diabetes Prescriptions
The Role of Outpatient Diabetes Coaching

71 yo retired petrochemical chemist
Center for Diabetes

Referral Request

Ellis Medicine Center for Diabetes

600 McClellan Street, Schenectady, New York 12304

REQUEST FOR DIABETES EDUCATION OUTPATIENT PROGRAM SERVICES

Patient Information:
Name: ___________________________ DOB: ___________________________
Telephone: ________________________ Health Insurance: _______________________

Primary Care Physician: ________ Telephone: _______________________

[ ] Patient does not have a primary care physician. Referred to

Clinical Information:
Circle Diagnosis:
[ ] Type 1 DM [ ] Type 2 DM [ ] Gestational Diabetes

Lab studies:
[ ] HbA1c
[ ] Fasting Glucose

Reason for Hospitalization:

Circle Reason(s) for Referral:
[ ] New onset diabetes: Fasting BG ≥ 126mg/dL
[ ] Inadequate glycemic control
[ ] Change in treatment
[ ] High risk for complications
[ ] Complications related to diabetes

Lab studies:

Result: __________________________ Date: __________________________

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[ ] New onset diabetes: Fasting BG ≥ 126mg/dL
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Lab studies:

Result: __________________________ Date: __________________________

Program Requested: More than one program can be selected
[ ] Diabetes Self-Management Training and Education
[ ] Medical Nutrition Therapy: Individual Sessions with a Registered Dietitian
[ ] Gestational Diabetes Education Program

[ ] A referral for services signed by the primary care physician is required prior to making an appointment for outpatient education. The Center for Diabetes will contact the primary care physician to obtain the referral.
[ ] The patient will be contacted to make an appointment after the referral is received.

Please give the patient the Center for Diabetes contact information to call if needed after discharge.

FAX request form to: (518) 382-2154

Requested by: __________________________ Phone: __________________________ Date: __________________________

Ellis Hospital
Schenectady, NY

Diabetes Service Department

Form # 73130-D (10/07), WBSY 1 of 1

*PO00000*
Diabetes Coaching

**Inpatient**
- at the bedside

**Outpatient**
- in the PCP’s office
- at the Center for Diabetes
- by Visiting Nurses
- in local pharmacy
- in Church
- anywhere (be creative)
Observations

1. Inpatient Admission
   - perfect environment to develop a good diabetes treatment regimen

2. Medication Reconciliation

3. Communication
   - Patient & Caregivers
   - Coaches (CDEs, others)
   - PCPs
   - Specialists
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Thank you

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