



## Diabetes Care At Home

We focus on teaching you interventions to successfully manage your blood glucose levels. We educate you and your family so you live with and manage the disease at home.

### **The Goals of the Diabetes Care at Home Program Are To**

- Educate you and your caregiver in medication management, including how to administer insulin when ordered by the physician
- Educate you on diet and nutrition, which are important components of controlling your blood glucose levels
- Prevent hospitalizations resulting from avoidable complications of the disease
- Work collaboratively with your physician to improve your health
- Improve your quality of life

Diabetes care begins with a comprehensive assessment of your needs by specially trained and highly skilled clinicians. Your nurse will answer your questions and give you and your family a personalized plan of care, including nutrition and exercise recommendations. If needed, your nurse will set you up with our state-of-the-art remote monitoring system, which allows you to monitor your health at home and send us reports electronically every day. We will send your physician regular reports of your progress.

### **Ongoing Diabetes Care Includes**

- Education and training of you and your caregiver
- Assessment and monitoring of your nutritional status and dietary instruction
- Assessment of your blood glucose levels and instruction on devices for ongoing monitoring
- Remote monitoring if you are identified as at high risk for hospitalization
- Making patient reports available to your physician
- Evaluation by a specialty wound/continence/ostomy nurse if you have complex wounds complicated by diabetes
- Diabetic foot care, including complete vascular studies, Doppler assessment of arterial and venous ulcers, and corn and callus treatment

## The Facts About Diabetes

More than 20 million children and adults in the United States have diabetes — a disease that, if left untreated, can lead to chronic health problems. Diabetes is the sixth-leading cause of death in the U.S., but almost one-third of those with the disease are unaware that they have it. Older adults are particularly at risk.



If you have diabetes, you can improve your quality of life by learning more about the disease and how to manage it at home. Often, good nutrition, diet and exercise can reduce your symptoms. When symptoms are more severe, our skilled nurses can help.

#### **Common Symptoms of Diabetes Include**

- Unusual thirst
- Unusual weight loss
- Extreme fatigue and irritability
- Frequent infections
- Cuts or bruises that are slow to heal
- Tingling or numbness in the hands or feet

If you experience these symptoms, contact your physician.

#### **Tips for Managing Diabetes**

- Choose what, how much and when to eat. Try drawing an imaginary line down the center of your plate. Fill half the plate with non-starchy vegetables, such as salad, broccoli, carrots and tomatoes. Divide the remaining half of your plate in two. Fill one part with starchy foods, such as rice and pasta, and fill the other part with lean protein.
- Get regular physical activity. Exercise can help you maintain your weight and can also help prevent heart disease and stroke.
- Check your blood glucose levels, as advised by your physician.
- Take your medications as prescribed.
- Don't smoke, drink alcohol or use illegal drugs.
- Check your feet every day for sores, cuts, blisters or bruises.
- Learn to recognize the signs of low blood sugar, including shakiness, sweatiness, dizziness and moodiness. Treat low blood sugar immediately.

For more information about diabetes, visit the [American Diabetes Association](#).