

Explain DM

GLOBAL MARK			
CLEAR PASS	BORDERLINE PASS	BORDERLINE FAIL	FAIL

Criteria

Introduces Self, confirms patient identify, Washes hands,	2, 1
Brief History	
Confirms patient doesn't have DKA and doesn't need any urgent treatment.	
Explains diagnosis	
<p>Explains pathophysiology in simple terms</p> <p>Your body no longer makes something called insulin. Insulin helps your cells use sugar, which is the basic fuel of all cells.</p> <p>If you don't have enough insulin the sugar accumulates in your tissues and makes you sick in a variety of ways</p> <p>The sugar makes you very dehydrated in the short term and this can have life threatening consequences because it makes your blood acidic.</p> <p>Over longer terms higher sugar levels in your tissues damage the nerves and blood vessels, this causes problems with feeling and also means you are more likely to have a stroke or heart attack.</p> <p>The high sugar levels in your tissues also mean you have a higher susceptibility to infections because bacteria feed on the excess sugar. There are also potential issues with sight, and kidney function long term.</p>	
<p>Explains Treatment</p> <p>Insulin injections to bring sugar levels lower, usually 2 – 3 times a day.</p> <p>Good quality control will limit your risk of complications long term.</p> <p>Teaching you how to control your blood sugar level</p> <p>Teaching your family and yourself to be aware of the complications of diabetes – particularly hypoglycemia.</p>	
<p>Explains Investigations</p> <p>Diabetes department – screening for rarer causes and types of diabetes, and other immune conditions.</p> <p>HBA1c to monitor disease</p>	
<p>Explains next steps</p> <p>Immediate clinic appointment/admission</p> <p>Injection of insulin</p>	
Explains Longer Term	

Life long diagnosis Normal life possible, - exercise, jobs, children	
Illicits questions	
Answers questions well	
Summarises	
Explains next steps.	
Thanks Patient	

Tom Bircher 2019