The Diabetes Team

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Courtesy Univ Texas San Antonio
The Diabetes Team

- **Physician**: Primary Care, Diabetologist, Endocrinologist
- **Mid-level provider**: Physician Assistant or Nurse Practitioner
- **Other appropriate specialists** (eye, kidney, heart, psychologist, foot, dentist)
The Diabetes Team

• Diabetes Nurse Educator or Certified Diabetes Educator (CDE)

• Registered Dietician

• The patient!
Team Approach

• Diabetes is a complex condition
• Different team members have different focus
• Integrate care to individualize care to the patient
Physician

- **Endocrinologist**: Specialist with training in the endocrine (gland) system
- **Diabetologist**: Physician with special interest and experience in Diabetes
- **Primary Care**: Family Practice, Internal Medicine, Pediatrician
  - Many diabetes patients managed by primary care physician
Diabetes Educator

- Diabetes Educator
  - Nurse with special interest in diabetes
  - Certified Diabetes Educator

- Instruct home monitoring of blood glucose and other technology (i.e., insulin pens, insulin pumps)

- How to use medications properly

- Day to day diabetes management
Diabetes Educator

- Sick day management
- Special Circumstances
  - Pregnancy
  - Visual impairment
- Symptoms of high and low blood sugar
- Works with physician to implement diabetes plan
Registered Dietician

• Special training in meal planning

• Plan food needs
  – Initial consult
  – Follow up over time-needs change!

• Integrate food preferences into plan

• Understand about how foods affect blood sugar and overall health
Registered Dietician

- “Heart healthy” meal planning
- Carbohydrate counting and label reading
- Plan for special circumstances
  - Special Events or Holidays
  - Sick Days
Other Team Members

• *Eye care specialist* (Ophthalmologist or Optometrist)

• *Podiatrist* (foot care specialist/surgeon)

• *Psychologist*
Other Team Members

- **Nephrologist** (kidney)
- **Cardiologist** (heart)
- **Neurologist** (nervous system)
The Patient As Team Member

- Diabetes requires some self-management
- Factors to consider for individual patient
  - Age
  - Other medical issues
- Learn all you can! Ask questions!
- Your diabetes team and other resources (i.e., American Diabetes Association)
The Diabetes Clinic Visit

- **Physician:** At diagnosis, 2 to 4 times yearly, and as needed

- **Diabetes Educator:** At diagnosis, 1 to 2 times yearly, and as needed

- **Dietician:** At diagnosis, 1 to 2 times yearly, and as needed
The Diabetes Clinic Visit

- **Eye care specialist:** At diagnosis, annually thereafter, and as needed
- **Other specialists:** As needed
Summary

• Team approach to Diabetes, if available, meets needs of the patient
• Regular visits monitor condition
• Regular visits help keep patient up-to-date with medication and technology
• Specialist visits as appropriate