Diabetes Management

Introduction

Diabetes is a chronic metabolic disorder characterized by elevated blood glucose levels due to either insufficient insulin production or impaired insulin utilization by the body's cells. Effective diabetes management is crucial in preventing complications and ensuring a good quality of life. Food is essential for all living organisms,it contributes highly on the survival of a diabetic. However to achieve a healthy body, what we consume must be taken into account whether diabetic or not..This is paramount to achieve normal functioning of the body and avoiding further grave medical complications.This report aims to provide recommendations for a person with diabetes based on an interview conducted, focusing on diet, exercise, and other lifestyle factors that can impact diabetes management and overall health.

Assessment

A. Diabetes Type and Duration

The interviewee has been diagnosed with Type 2 diabetes, a condition typically associated with insulin resistance and inadequate insulin production(Shrivastava, S. R., 2013). The individual has been living with diabetes for eight years.

B. Current Medications

The interviewee is currently on oral medications to manage their diabetes.Insulin therapy and other injectable medications are being used at this time.

1. Blood Glucose Monitoring

. Diet

The interviewee's dietary habits appear to be inconsistent, with a mix of healthy and unhealthy food choices. While they report some efforts to control their carbohydrate intake, they admit to occasional indulgence in high-sugar and high-fat foods.

The individual monitors their blood glucose levels regularly, with fasting blood sugar levels ranging from 130 to 160 mg/dL and post-meal readings consistently above 180 mg/dL.

E. Physical Activity

Physical activity levels are currently low, with the interviewee engaging in minimal exercise, primarily limited to walking for short durations a few times a week.

F. Other Risk Factors

 Aside from diabetes, the individual also faces the following risk factors:

1. Overweight/Obesity: The interviewee has a Body Mass Index (BMI) of 31, indicating obesity.
2. High Blood Pressure: Blood pressure readings are consistently above the normal range.
3. Sedentary Lifestyle: Lack of physical activity poses a risk to overall health.
4. Menstruation and Menopause

Recommendations

1. Diet

**Carbohydrate Monitoring**:

Carbohydrates are essential to the body since they provide energy.These foods are broken down into glucose thus have an impact in blood sugar levels.Regulation can be done by researching on different types of food and their carbohydrate content and finally creating a table to indicate the findings per portion .watching one’s servings per meal is key especially when mealtime insulin is prescribed so as to know the proper dosage. The interviewee should continue to monitor carbohydrate intake, focusing on complex carbohydrates such as whole grains, legumes, and vegetables. They should aim for consistent carbohydrate distribution throughout the day to help stabilize blood glucose levels.

**Meal Planning**

Consultation with a registered dietitian is advised to develop a personalized meal plan. This plan should emphasize portion control, moderation of high-sugar and high-fat foods, and the inclusion of nutrient-dense choices.

1. **Fiber-Rich Foods**: Increasing the consumption of fiber-rich foods like fruits, vegetables, and whole grains can help manage blood sugar levels and improve overall gut health.
2. **Healthy Fats**: Encourage the use of healthy fats, such as those found in avocados, nuts, and olive oil, while minimizing trans fats and saturated fats.
3. **Regular Meals**: Advising the interviewee to eat regular, balanced meals throughout the day to avoid spikes and crashes in blood sugar levels.
4. Exercise
5. **Physical Activity**: Encourage regular physical activity, ideally aiming for at least 150 minutes of moderate-intensity aerobic exercise per week, as recommended by health guidelines. Activities like brisk walking, swimming, or cycling can help improve insulin sensitivity.
6. **Strength Training**: Incorporating strength training exercises into the routine can help build muscle mass, which is beneficial for blood sugar control.
7. **Consistency**: Emphasize the importance of consistency in exercise routines, gradually increasing intensity and duration over time. A combination of aerobic and strength exercises can yield the best results.
8. Medication and Blood Sugar Monitoring

Balancing meals and medication prevents hypoglycemia which is a condition brought by low glucose level in the blood, in this case,taking too much insulin verses low carbohydrate.The opposite of this condition is hyperglycaemia.To avoid this consult a doctor or dietitian to get the correct insulin dosage and amount of food to consume.

1. **Medication Adherence**: Remind the interviewee of the importance of consistent medication intake as prescribed by their healthcare provider.
2. **Regular Monitoring**: Continue regular blood glucose monitoring to track progress and make adjustments as needed.
3. Weight Management
4. **Weight Loss**: Given the individual's obesity, weight loss should be a priority. Setting achievable weight loss goals of current body weight, can significantly improve blood sugar control.
5. **Lifestyle Modifications**: Encourage lifestyle modifications, including portion control, mindful eating, and tracking food intake to create awareness of eating habits.

E. Blood Pressure Control

1. **Dietary Changes**: A diet rich in fruits, vegetables, and lean proteins can help lower blood pressure. Encourage a reduced sodium intake by avoiding processed and high-sodium foods

F. Lifestyle Adjustments

1. **Stress Management**: Educate the interviewee on stress management techniques such as mindfulness, deep breathing exercises, or yoga, as chronic stress can impact blood sugar levels.The patient should also get help and learn new tactics of coping with stress either by seeing a psychologist or any qualified practitioners .
2. **Sleep Hygiene**: Promote good sleep hygiene practices to ensure adequate rest, as insufficient sleep can affect insulin sensitivity.
3. Alcohol :Advise the interviewee to get a doctors okay to drink alcohol since it accelerates complications such as nerve damage.Alcohol should also not be taken in an empty stomach when taking medication to prevent low blood sugar.
4. Menstruation and menopause

Hormonal changes may cause blood sugar levels to fluctuate.

Therefore :

1. Blood sugar should be checked regularly since menopause symptoms may be

Confused with those of low blood sugar and also a doctors advise should be sought concerning the same.

1. Oral contraceptives intake should be reduced since most of them raise sugar levels in women
2. The individual should look for patterns that may help indicate any changes related to the menstrual cycle.

Conclusion

Managing diabetes is a lifelong journey that requires dedication and a multi-faceted approach. The individual interviewed, living with Type 2 diabetes, faces challenges such as inconsistent dietary choices, low physical activity levels, obesity, and high blood pressure. The recommendations provided encompass various aspects of diabetes management, including diet, exercise, medication adherence, and lifestyle adjustments.

It is crucial to stress that these recommendations are general in nature and should be discussed with a healthcare provider to tailor them to the interviewee's specific needs. Diabetes management requires ongoing monitoring and adjustments, but with commitment and the right support, individuals can significantly improve their quality of life and reduce the risk of complications associated with diabetes.

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