

# OVERVIEW OF DIABETES MELLITUS: ESSENTIALS FOR BEST PRACTICE SKILLS COURSE

A/Prof Goh Lee Gan

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## INTRODUCTION

Big advances have been made in the understanding and management of type 2 diabetes. It is now clear that type 2 diabetes is a progressive disease where the patient can nevertheless exercise a great deal of self-management to reduce the speed of progression and delay if not prevent complications. A near normal HbA1c control beginning from the early years after diagnosis will reduce long term complications.

The UKPDS has found that every 1% drop in HbA1c resulted in 14% decrease in risk of myocardial infarction, 12% decrease in risk of stroke, and 37% decrease in microvascular disease. When oral hypoglycaemic agents are unable to maintain glycaemic control, insulin therapy should be started even though the patient may be asymptomatic. Insulin therapy is also indicated in acute diabetic complications and when the patient is pregnant. This family practice skills course focuses on assessment of the poorly controlled diabetic, screening for complications, use of oral hypoglycaemic agents, insulins and their uses, starting and maintaining insulin therapy, preparing patients for insulin therapy and addressing barriers to insulin therapy. This skills course has been developed with the primary care setting and the primary care doctor in mind.

## COURSE OUTLINE AND CME POINTS

This skills course is made up of the following components. You can choose to participate in one or more parts of it. The CME points that will be awarded are also indicated below.

### Components and CME Points

- κ Distance Learning Course – 6 units– each unit 1 CME point
- κ 2 Seminars (2 CME points each)
- κ 2 Workshops (2 CME points each)
- κ Reading papers on Diabetes Mellitus – read 5 out of 10 recommended journals

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## Distance Learning Course

Unit 1 : Assessing Poorly Controlled Diabetes

*(Dr Melvin Leow Khee Shing, Dr Loh Keh Chuan)*

Unit 2 : Screening for Complications in the Office Setting

*(Dr Jean Tan Su Ming)*

Unit 3 : Oral Hypoglycaemic Agents

*(A/Prof Sum Chee Fang)*

Unit 4 : Insulins and Their Uses

*(Dr Loh Keh Chuan, Dr Melvin Leow Khee Shing)*

Unit 5 : Starting and Maintaining Insulin Therapy for Patient

*(Dr Michelle Jong)*

Unit 6 : Insulin Therapy: Preparing the Patient and Addressing Barriers

*(A/Prof Goh Lee Gan)*

## COURSE TOPIC DETAILS

### Unit 1: Assessing Poorly Controlled Diabetes

- κ Definition of poor glycaemic control
- κ Clinical Features of the poorly controlled diabetic
- κ Practical approach to assessment

### Unit 2: Screening for Complications in the Office Setting

- κ Retinopathy
- κ Nephropathy
- κ Diabetic foot
- κ Coronary heart disease and risk factors of macro-angiopathy

### Unit 3: Oral Hypoglycaemic Agents

- κ Management of Glycaemia in people with type 2 diabetes
- κ Oral antidiabetic agents
- κ Clinical approach
- κ New oral antidiabetic agents

### Unit 4: Insulins and Their Uses

- κ Indications for insulin therapy
- κ Insulin types
- κ Human insulin preparations
- κ Human insulin analogues
- κ Pointers on mixing of different insulins
- κ Inhaled insulin

### Unit 5: Starting and Maintaining Insulin Therapy for Patient

- κ Indications for insulin in type 2 patients
- κ Barriers to initiating insulin therapy
- κ Physiological insulin secretion
- κ Begin by replacing basal insulin

- ✧ Step up treatment by introducing prandial insulin
- ✧ Premixed insulin
- ✧ Addressing the problem of hypoglycaemia
- ✧ Acute worsening of glucose control

#### Unit 6: Insulin Therapy: Preparing the Patient and Addressing Barriers

- ✧ Starting right
- ✧ Actionable HbA1c goal
- ✧ Insulin and declining glycaemic control
- ✧ Physiological insulin therapy
- ✧ Helping in the patient's decision making
- ✧ Assessment from patient's perspective
- ✧ Concerns as barriers
- ✧ Asking "Why is that?"
- ✧ Insulin pens as a solution
- ✧ Responding to misinformation and misperceptions
- ✧ Reframing information
- ✧ Evidence on quality of life
- ✧ Providing specific information
- ✧ Highly resistant patients
- ✧ Ongoing education and counselling

## FACE-TO-FACE SESSIONS

### Seminar 1: 27 January 2007

2.00pm – 4.00pm

Unit 1 : Assessing Poorly Controlled Diabetes

*(Dr Melvin Leow Khee Shing)*

Unit 2 : Screening for Complications in the Office Setting

*(Dr Jean Tan Su Ming)*

Unit 3 : Oral Hypoglycaemic Agents

*(A/Prof Sum Chee Fang)*

### Workshop 1: 27 January 2007

4.15pm – 6.30pm

Group A : Case Studies

Group B : Preparing the Patients for Insulin Injection

### Seminar 2: 28 January 2007

2.00pm – 4.00pm

Unit 4 : Insulins and Their Uses

*(Dr Loh Keh Chuan)*

Unit 5 : Starting and Maintaining Insulin Therapy for Patient

*(Dr Michelle Jong)*

Unit 6 : Insulin Therapy: Preparing the Patient and Addressing Barriers

*(Ms Noorani Bte Othman)*

### Workshop 2: 28 January 2007

4.15pm – 6.30pm

Group A : Case Studies

Group B : Preparing the Patients for Insulin Injection