



CDC Emphasizes Areas for Improvement in Diabetes Management

A study conducted by the Centers for Disease Control (CDC) and published in the *Annals of Internal Medicine* points out areas for improvement in the way Americans manage diabetes (Saaddine J, et al. "Improvements in Diabetes Processes . . ." *Ann Intern Med.* 144 (7): 465-474.). Over the previous decade, the diabetic population has improved control of cholesterol, improved with vaccinations for flu and pneumonia, and improved with regular exams of eyes, feet, and teeth. On the other hand, no improvements have been made for control of blood pressure among patients with diabetes. The study shows that:

- 1 in 3 people with diabetes have poor blood pressure control
- 1 in 5 have poor glucose control
- 2 in 5 have poor cholesterol control

The CDC's 2007 data shows that 62% of Massachusetts seniors with diabetes also have high blood cholesterol. Seventy-two percent of diabetic patients age 65+ in Massachusetts have hypertension. These percentages are on the rise. Improving control of diabetes can relieve a major national cost burden.

Call Baystate Visiting Nurse Association & Hospice (BVNAH) for help with your diabetic patients. For your homebound patients, BVNAH can provide a number of services that will address the CDC outlined goals.

Reinforcement & Monitoring: In situations where blood glucose levels or blood pressures are not controlled, it may be appropriate for doctors to order a home health episode. Nurses can investigate compliance with special diets and reinforce teaching. They can monitor blood pressure levels and report to the physician for medication changes. They can

When diabetic patients have uncontrolled glucose or cholesterol, order home health to reinforce teaching.



assess the use of home equipment and make necessary changes. Nurses can also reinforce teaching of diet and exercise intervention to better control fluctuating glucose levels.

Teaching Newly Diagnosed Diabetics and Caregivers:

Effectively teaching geriatric patients sometimes requires repeated visits and a significant time investment. You can trust BVNAH to work patiently until your patients demonstrate the skills and knowledge necessary to manage their diabetes. Teaching will include:

- Preparing & administering insulin injections
- Preparing & following a diabetic diet
- Observation of foot-care precautions
- Glucose monitoring
- Observation & understanding s/s of hyper/hypoglycemia

Resource Coordination: When patients lack reliable equipment and supplies, BVNAH staff can help your patients utilize their Medicare or insurance benefits to obtain proper equipment and supplies.

More than 200 Employees Strong

Baystate Visiting Nurse Association & Hospice employs a team of more than 200 caring professionals spanning several disciplines (including wound care certified nursing, hospice care certified nursing, dietitians, and social workers). Our size and depth of experience prepares us well to respond efficiently and to manage your complicated cases.

*Consider Baystate Visiting Nurse Association & Hospice for your patients.
To make a referral call: 800-249-8298.*

