



THE UNIVERSITY OF NORTH DAKOTA



The University of North Dakota

School of Medicine
& Health Sciences



Courtesy Univ Texas San Antonio

The Diabetes Team

Eric L. Johnson, M.D

*Department of Family and Community Medicine
UNDSMHS*

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