

Do or Don't? In or Out? The Dilemma of those with Diabetes

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Diagnostic Criteria: Diabetes Mellitus

- 1) Hemoglobin A1c greater than or equal to 6.5% **OR**
- 2) Fasting plasma glucose greater than or equal to 126 mg/dL—may need to be repeated **OR**
- 3) Oral Glucose Tolerance Test 75 mg glucose load--2 hour plasma glucose greater than or equal to 200 mg/dL **OR**
- 4) Random plasma glucose greater than or equal to 200 mg/dL with classic symptoms of hyperglycemia

Classic Symptoms?

Thirst (polydypsia)

Hunger (polyphagia)

Weight loss

Blurred Vision

Frequent urination (polyuria)

Frequent infections

Fatigue

Prediabetes?

1) Hemoglobin A1c value of 5.7% to 6.4% **OR**

2) Fasting plasma glucose test between
100-125 mg/dL.

Also called **impaired fasting glucose (IFG)**

OR

2) Oral Glucose Tolerance Test– 2 hour
plasma blood glucose between 140 and 199
mg/dL

Also called **impaired glucose tolerance (IGT)**

So, why not include in the DPP?

1. Need treatment at that point
2. Not appropriate diet for diabetes as a medical condition
3. Need individualized plan for therapy
4. Might misconstrue as not as serious
5. Are you delaying more appropriate and needed care?
6. Liability concerns?