

Singleton
Training



Diabetes Handbook



Contact the Office on 01522 300161
www.singleton-associates.org



Like us on
Facebook



FOLLOW US ON

twitter

What is diabetes?

Diabetes is the name given to the condition where the body cannot control its own blood sugar.

There are two main types of diabetes-

Type I – Insulin dependent diabetic mellitus

Type II – Non Insulin dependent diabetic mellitus

- There are currently over 4.9 million people with diabetes in the UK and there are up to another 850,000 people with diabetes who have the condition and don't know it.
- Around 700 people a day are diagnosed with diabetes
- Diabetes is the 5th leading cause of death in America.
- People with diabetes in England and Wales are 34.4% more likely to die earlier than their peers

Type 1 diabetes

Develops if the body is unable to produce any insulin. This type of diabetes usually appears before the age of 40. Type 1 diabetes is the least common of the two main types and accounts for between 5 – 15% of all people with diabetes.

Type 2 diabetes

Develops when the body can still make some insulin, but not enough, or when the insulin that is produced does not work properly (known as insulin resistance). In most cases this is linked with being overweight.

Gestational diabetes mellitus

(GDM) is a type of diabetes that arises during pregnancy (usually during the second or third trimester).

Maturity onset diabetes of the young (MODY)

Affects one to two per cent of people with diabetes and can often go unrecognised.

Where does insulin come from?

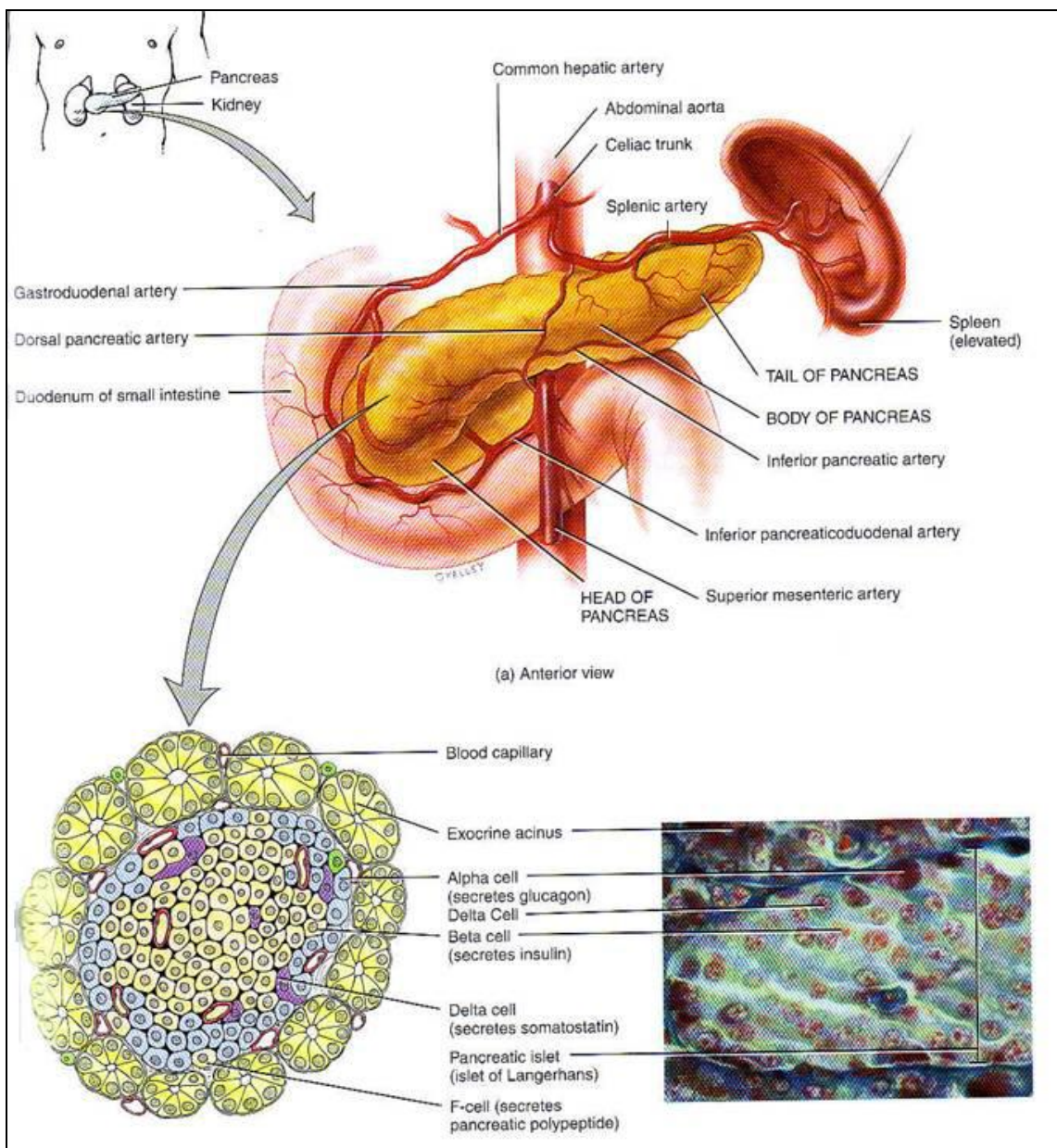
The pancreas is responsible for secreting insulin.

The picture shows the pancreas when fully functioning

Alpha Cells – Glucagon

Beta Cells – Insulin

Delta Cells – Somatostatin



Questions to ask if you think someone could be diabetic.

- Are they known to be diabetic?
- Have they had their regular medication?
- Have they done activity which could have caused them to become ill?
- Have they been ill?
- What is their urine like?
- Is there any family history of diabetes?



Signs and symptoms

Hypo (Low)

- Rapid onset, Maybe only minutes,
- Appears uncoordinated,
- Sweating pale skin,
- Normal to shallow breathing,
- Pulse of 100+ and full,
- Aggressive behaviour,
- Hunger,
- Headache,
- Dizziness,
- No breath odour,
- Seizures in later stages.

Signs and symptoms

Hyper (High)

- Gradual onset, hours or maybe days,
- Dry flushed skin,
- Deep sighing respirations,
- Pulse of 100+,
- Fruity breath smell (acetone),
- Fever and thirst,
- Nausea,
- Lethargy,
- Drowsiness,
- Vomiting.

5 Easy Steps to check BM

- Prepare your equipment
- Clean the patient's finger (do not use an alcohol-based wipe)
- Prick the patients finger to draw blood
- Put droplet onto test strip
- Clean the patient's finger.



Living with the condition

Type 1 diabetes is treated by insulin injections and diet, and regular exercise is recommended. Insulin cannot be taken by mouth because it is destroyed by the digestive juices in the stomach. People with this type of diabetes commonly take either two or four injections of insulin each day.

Type 2 diabetes is treated with lifestyle changes e.g. healthier diet, weight loss and increased physical activity. Type 2 diabetes is progressive. If diabetes cannot be controlled through lifestyle changes and tablets your doctor may recommend that you take insulin injections.

Tablets and/or insulin may also be required to achieve normal blood glucose levels. Some kinds help your pancreas to produce more insulin. Other kinds help your body to make better use of the insulin that your pancreas does produce. Another type of tablet slows down the speed at which the body absorbs glucose from the intestine. Your doctor will decide which kinds of tablet are going to work best for you and may prescribe more than one kind.

1st Aid Treatment

Hypo (Low)

- Give sugar, i.e. chocolate or hypostop
- Make sure that once they have recovered, they have a meal that has carbohydrates in it, such as potatoes or bread;
- If they don't show signs of recovery, then GET HELP!
- If they do start to recover check their BM regularly until they fully recover.

Hyper (High)

- Give them something to eat or drink. i.e. sugar
- If they don't show signs of recovery or start to get worse GET HELP
- The casualty will need their insulin to bring the sugar levels back down
- Re-check BM regularly till they have fully recovered

Other courses we offer include:

Basic Food Hygiene

Food Hygiene Plus

Intermediate Food Hygiene

Advanced Food Hygiene

Emergency First Aid at Work

First Aid at Work

Basic Health & Safety

Intermediate Health & Safety

COSHH

Manual Handling

Risk Assessment

Understanding Strokes & Diabetes

For details of our quality assurance, please visit our web site:
<http://www.singleton-associates.org/services/quality-assurance/>

The Training Hub, Unit 14, Deacon Road Business Park, Lincoln. LN2 4JB