

Type 2 diabetes in adults: choosing medicines

Factors to take into account when choosing, reviewing and changing medicines

Prescribing guidance

Rescue therapy

For symptomatic hyperglycaemia, consider insulin or a sulfonylurea and review when blood glucose control has been achieved.

Diet and lifestyle advice

At each point reinforce advice about diet and lifestyle.

Choosing treatments

Base the choice of medicine on:

- the person's individual clinical circumstances, for example comorbidities, contraindications, weight, and risks from polypharmacy
- the person's individual preferences and needs
- the effectiveness of the drug treatments in terms of metabolic response and cardiovascular and renal protection
- safety (see [MHRA guidance](#), the BNF and individual SPCs) and tolerability of the drug treatment
- monitoring requirements
- the licensed indications or combinations available
- cost (if 2 drugs in the same class are appropriate, choose the option with the lowest acquisition cost)

Reviewing and changing treatments

At each point, think about and discuss the following with the person:

- stopping medicines that are not tolerated
- stopping medicines that have had no impact on glycaemic control or weight, unless there is an additional clinical benefit, such as cardiovascular or renal protection, from continued treatment
- how to optimise their current treatment regimen before thinking about changing treatments, taking into account factors such as:
 - adverse effects
 - adherence to existing medicines
 - the need to revisit advice about diet and lifestyle
 - prescribed doses and formulations
- whether switching rather than adding drugs could be effective

High risk of cardiovascular disease

Adults with type 2 diabetes who have:

- QRISK2 more than 10% in adults aged 40 and over or
- an elevated lifetime risk of cardiovascular disease (defined as the presence of 1 or more cardiovascular risk factors in someone under 40).

Cardiovascular disease risk factors: hypertension, dyslipidaemia, smoking, obesity, and family history (in a first-degree relative) of premature cardiovascular disease.

Diabetes Guidelines Summary

Margaret A. Powers (RD.)



Diabetes Guidelines Summary:

Use of non-sugar sweeteners: WHO guideline summary World Health Organization,2024-01-08 **The Diabetes Textbook** Joel Rodriguez-Saldana,2023-07-04 The Diabetes Textbook Clinical Principles Patient Management and Public Health Issues 2nd Edition addresses diabetes from a comprehensive multidisciplinary perspective Its purpose is to integrate state of the art information on diabetes from specialists in various disciplines including epidemiology public health pathophysiology non pharmacologic and pharmacologic treatment patient support acute and chronic complications new and unproven therapies and prevention The main benefit of The Diabetes Textbook is its integrative approach The book is therefore intended for three main types of readers 1 physicians and health professionals seeking a comprehensive approach to diabetes 2 those with previous expertise in a specific professional area who want to expand their knowledge and 3 those interested in learning about topics not previously covered who will find the contents of The Diabetes Textbook both enriching and innovative The Diabetes Textbook is intended for a broad readership including professors of medicine and related disciplines nursing nutrition psychology general physicians internists and specialists e g in ophthalmology endocrinology cardiology obstetrics and gynecology pediatrics geriatrics epidemiology and public health To address these readers needs the second edition is divided into the following eleven sections 1 Magnitude of the Problem from an Individual and Social Context 2 Diagnosis Classification and Mechanisms of Disease 3 Global Experiences in Diabetes Care 4 Basic Components of Management Patient Centeredness Evidence Based Medicine and Outcomes 5 Resources of Support for Persons with Diabetes 6 Drug Therapy 7 Cardiovascular Risk Factors 8 Acute Complications 9 Chronic Complications 10 Diabetes in Special Populations and 11 Novel Therapeutic Approaches Evidence Based and Non Proven and Diabetes Prevention

Va/Dod Clinical Practice Guideline for Management of Type 2 Diabetes Mellitus in Primary Care Guideline Summary Va/Dod Evidence-Based Practice Guideline,VA/DOD Evidence-Based Practice Guideline Work Group (U.S.),2017-08-24 The guideline describes the critical decision points in the Management of Diabetes Mellitus DM and provides clear and comprehensive evidence based recommendations incorporating current information and practices for practitioners throughout the DoD and VA Health Care systems The guideline is intended to improve patient outcomes and local management of patients with diabetes mellitus This Clinical Practice Guideline is intended for use only as a tool to assist a clinician healthcare professional and should not be used to replace clinical judgment Related items Physician References Medical Handbooks can be found here <https://bookstore.gpo.gov/catalog/physician-references-medical-handbooks> Diabetes Obesity publications can be found here <https://bookstore.gpo.gov/catalog/diabetes-obesity> Other products produced by the U S Department of Veterans Affairs VA are available here <https://bookstore.gpo.gov/agency-department-veterans-affairs/va> **Maternal-Fetal Evidence Based Guidelines** Vincenzo Berghella,2022-03-29 This new edition of an acclaimed text reviews the evidence for best practice in Maternal Fetal Medicine to present the reader with the right information with

appropriate use of proven interventions and avoidance of ineffectual or harmful ones The information is presented in the right format by summarizing evidence succinctly and clearly in tables and algorithms The aim is to inform the clinician to reduce errors and to make it easy to do it right The volume can be purchased separately or together with the companion volume on Obstetric Evidence Based Guidelines set ISBN 9780367567033 The Series in Maternal Fetal Medicine is published in conjunction with the Journal of Maternal Fetal and Neonatal Medicine From reviews of previous editions An excellent resource with quick and easy protocols this book has a permanent spot on my shelf Doody s Review Service *Film Reference Guide for Medicine and Allied Sciences* ,1961 *Physical Activity and Health Guidelines* Riva Rahl,2010-06-02

Sifting through the numerous guidelines on physical activity and health published by government agencies professional organizations and associations can be a daunting task Information exists in all types of formats and locations including government documents press releases and Web sites so simply finding those guidelines can be an ordeal *Physical Activity and Health Guidelines* puts the current information in one place at your fingertips *Physical Activity and Health Guidelines* compiles the latest recommendations from various leading sources and organizations into a single text This one of kind resource provides quick reference to physical activity and health recommendations for healthy people and for those with chronic conditions across all age groups All readers physicians physical therapists fitness professionals and general fitness enthusiasts will be able to locate individualized recommendations regarding appropriate levels and types of physical activity Specific activity recommendations for people with diabetes asthma osteoarthritis and cerebral palsy are detailed in this text Other guidelines for the prevention of common chronic diseases such as cancer coronary artery disease osteoporosis and metabolic syndrome are also shared This text also includes the following information The components of exercise program design which will assist readers in preparing to implement individual and group exercise programs How physical activity recommendations can help people meet weight management guidelines Information on purchasing and using exercise equipment such as treadmills heart rate monitors weight training machines and exercise videos Guidelines for cardiac testing and other exercise testing to assist in the implementation and evaluation of physical activity programs as well as the assessment of the safety of these programs for people with chronic conditions For ease of use *Physical Activity and Health Guidelines* presents information in a consistent format for each entry including the date issued or most recently updated the issuing organization appropriate population and location of the guidelines with Web sites when available Recommendations are given for aerobic resistance and flexibility training further specifications regarding the frequency intensity duration and type of activity are included An appendix lists additional resources divided by topic and includes Web addresses of key organizations statements and other physical activity and health related tools *Physical Activity and Health Guidelines* is the first text to gather the wealth of information regarding physical activity exercise and health needs and recommendations into a single source Convenient and easy to use this unique text will help readers understand the requirements for safe and

effective physical activity for all people regardless of health conditions and it offers the basic knowledge and tools for designing and implementing appropriate physical activity programs Handbook of Diabetes Medical Nutrition Therapy Margaret A. Powers (RD.),1996 Provides dietitians and other health care professionals with the information they need to provide comprehensive diabetes care and self management training Topics covered include understanding diabetes pathophysiology complications of diabetes setting and achieving management goals medical nutrition therapy nutrition assessment diabetes medications and delivery methods exercise benefits and guidelines comprehensive monitoring blood glucose monitoring preparing and evaluating diabetes education programs counseling skills selecting a nutrition approach expanding meal planning approaches the exchange system carbohydrate counting weight reduction cultural considerations macronutrient influence on blood glucose and health complex and simple carbohydrates in diabetes therapy identifying protein needs lipid metabolism and choices issues in prescribing calories low calorie sweeteners and fat replacers fiber metabolism making food choices life stages children and adolescents pregnancy and diabetes caring for older persons and nutrition and specific clinical conditions renal disease hypertension eating disorders surgery gastrointestinal issues dental care HIV AIDS etc *Adult-Gerontology Practice Guidelines* Jill C. Cash, Cheryl A. Glass, 2015-06-26 The first book to encompass adult gerontology practice guidelines for primary care this comprehensive resource is designed as a text and reference for health care practitioners specializing as adultgerontology nurse practitioners A GNP It provides current national practice guidelines for delivering high quality primary health care to adult older adult and pregnant patients in the outpatient setting The book delivers chapters that focus on the older adult person including a chapter describing the major effects of aging on each body system For quick and easy access practice guidelines are organized primarily by body system disorders listed alphabetically within each body system and each disorder presented in a consistent format throughout With an emphasis on history taking the physical exam and key features of the aging population each of the more than 240 disorder guidelines include definition incidence pathogenesis predisposing factors common complaints other signs and symptoms subjective data physical exam diagnostic tests differential diagnoses plan of care health promotion including dietary recommendations follow up guidelines and tips for consultation referral Particularly useful features include Practice Pointers highlighting crucial information for a disorder and bold faced Alerts from experienced practitioners The book also describes 19 procedures commonly used within the office or clinic setting More than 140 Patient Teaching Guides are included perforated for ease of use as well as in digital format for customizing and printing These include important information for patients about safety and medications Appendices feature normal lab values and dietary guidelines Key Features Focuses specifically on the adult older adult and pregnant patient populations Delivers consistent presentation of more than 240 disorders by body system for ease of access Step by step review of 19 commonly used procedures Practice Pointers indicate highly important care points Includes more than 140 extensive Patient Teaching Guides for take home information Useful as

a review text when preparing to take the A GNP certification course and exam

Maternal-Fetal Evidence Based Guidelines, Second Edition Vincenzo Berghella, 2011-11-15 Maternal Fetal Medicine Evidence Based Guidelines reviews the evidence for best practice in maternal fetal medicine It presents the reader with the right information in the right format by summarizing evidence in easy to use tables and algorithms Each guideline is designed to make it easy to do it right with appropriate use of proven interventions and no use of harmful interventions Plenty of evidence is available so that well informed clinicians can reduce errors so that the first aim is ultimately to improve the health of mother and fetus by providing quality care

The Washington Manual of Endocrinology Subspecialty Consult Janet B. McGill, Thomas J. Baranski, William E. Clutter, 2012-09-10 The Washington Manual tm Subspecialty Consult Series Prepared by specialty fellows and faculty in the Department of Medicine at Washington University School of Medicine and reviewed by attending physicians in each field each volume in this renowned series delivers the on the spot help you need to provide quality patient management Right from the initial call you ll learn how to take a patient history how to interpret exam findings what tests to order how to complete the workup and how to formulate an effective management plan The Third Edition of The Washington Manual of Endocrinology Subspecialty Consult continues to provide the practical stepwise guidance you ve come to trust from The Washington Manual tm and has been fully updated to include current and practical approaches to the endocrine disorders most often seen in clinical consultation Emphasis on key approaches to evaluation and treatment helps you hone diagnostic skills broaden therapeutic options and improve outcomes Core subject areas include diabetes thyroid disease pituitary disorders and bone topics Chapters on obesity vitamin D lipids HIV AIDS and polyendocrine syndromes complement the core subjects Key points to remember in each chapter deliver vital diagnostic and treatment information Clinical pearls highlighted in bold let you benefit from the experience of seasoned clinicians NEW to the Third Edition Updated content addresses the latest developments in the pathophysiology and treatment of endocrine disorders Updated drug dosing information helps you keep pace with the latest indications and standards New chapter addresses inpatient management of diabetes

NAPLEX 2017 Strategies, Practice & Review with 2 Practice Tests Amie D. Brooks, Cynthia Sanoski, Emily R. Hajjar, Brian R. Overholser, 2017-01-03 Kaplan s NAPLEX Review is a step by step guide to scoring higher on the North American Pharmacist Licensure Examination This fully updated book provides Kaplan s proven test taking strategies as well as expert review and guidance as you prepare for the exam

Literature Review Simplified: A Practical Guide for Beginners Rafiq Muhammad, 2023-10-23 Are you struggling to write a literature review for your project but lost in the enormous information and guidelines This book offers a step by step guide every beginner needs to know about writing a literature review Literature Review Simplified makes it easy to write high quality literature reviews in a short time The author is a Medical Doctor with MBA in Healthcare from SDA Bocconi School of Management Italy and holds a Ph D from Karolinska Institute Sweden He is experienced in teaching supervising graduate students and publishing systematic literature reviews in

peer reviewed journals Early career researchers and Graduate students are lost in the enormous literature review information and guidelines Graduate students and early career doctoral researchers are often lost in the enormous information and guidelines when writing a literature review and synthesis for their master theses Ph D dissertations or other projects The literature review guidelines contain detailed information on the literature review process but fail to provide a hands on approach to conducting a literature review in a short time Write a quality literature review in 3 4 weeks This literature review made easy guide simplifies conducting and writing literature reviews by providing a concise easy to understand and hands on guide for graduate students doctoral and early career researchers to write a literature review and report the findings The book gives examples from health sciences literature reviews but has been written in a generic way to make it useful for writing literature reviews in any research field Unique features of the book The book provides Ten easy steps to conduct a high quality literature review in 3 4 weeks Unique structure to facilitate the process of conducting a literature review for newbies Links to useful resources and tools mostly free and open source that help automate and facilitate the literature review process through modern machine learning algorithms Links to current standard guidelines to conduct literature reviews Two literature review examples that demonstrate how to write the review findings Examples of literature review protocols FAQs section to answer the most common questions about literature reviews If you are struggling to write a literature review buy Literature Review Simplified today Start training yourself to write literature reviews in a short time *Carbohydrate intake for adults and children: WHO guideline. Summary* World Health Organization,2023-12-08

Pediatric Nurse Practitioner Certification Review Guide JoAnne Silbert-Flagg,Elizabeth D. Sloan,2020-05-05 The Ultimate Learning Package to Prepare for the CPNP PC Exam Pediatric Nurse Practitioner Certification Review Guide is organized and condensed and focuses on important topics that will likely show up on boards This will serve as a great resource for our students as they prepare for clinical and also when preparing for boards Uyen Le Jenkins DNP Lecturer of Nursing Old Dominion University Pediatric Nurse Practitioner Certification Review Guide Primary Care Seventh Edition is an essential resource for nurses preparing for the PNP primary care certification exam offered by the Pediatric Nursing Certification Board PNCB Completely updated and revised it reflects the most current guidelines and standards of practice for the nurse practitioner in the pediatric primary care setting The Seventh Edition features expanded information on the promotion of breastfeeding in the first year of life new content about LGBTQIA issues and a new chapter providing comprehensive review of mental health information with sections covering bullying learning disabilities internalizing and externalizing disorders eating disorders and more Pediatric Nurse Practitioner Certification Review Guide Primary Care Seventh Edition provides access to Navigate 2 TestPrep An access code is included with every new print copy and unlocks access to practice and simulated tests detailed rationales and powerful data dashboards Standalone access to Navigate 2 TestPrep is also available ISBN 978 1 284 19316 9 Pediatric Nursing Clinical Practicum 2021 450 pages **NAPLEX 2016**

Strategies, Practice, and Review with 2 Practice Tests Amie D. Brooks, Cynthia Sanoski, Emily R. Hajjar, Brian R. Overholser, 2016-03-29 Kaplan's NAPLEX 2016 Strategies Practice and Review with 2 Practice Tests is a step by step guide to scoring higher on the North American Pharmacist Licensure Examination Features NEW Chapters on renal disorders hepatic disorders transplant immunosuppression and preventive medicine NEW 50 percent more end of chapter review questions to assess your content knowledge 200 comprehensive tables summarizing must know drugs at a glance including the 200 most prescribed drugs 2 full length practice tests Online practice test that simulates the exam experience and actively tracks your areas of strength and weakness Robust calculations section with 30 practice problems and step by step math solutions Organized streamlined coverage of each NAPLEX subject area Suggested study times for each NAPLEX topic to help calibrate your study plan Review of Hemodialysis for Nurses and Dialysis Personnel - E-Book Judith Z. Kallenbach, 2020-04-03 Get complete dialysis coverage and an excellent review for the certification exam Review of Hemodialysis for Nurses and Dialysis Personnel 10th Edition uses a concise Q A format to cover the principles diseases and problems of dialysis treatment for kidney failure A new chapter on case management of the patient with chronic kidney disease keeps you current with the latest in dialysis treatment and equipment Dialysis expert Judy Kallenbach provides clear easy to read guidelines that will apply to every member of the dialysis team from technicians and nurses to social workers and patients Comprehensive coverage provides the knowledge needed to care for dialysis patients and to prepare for the certification exam with topics including a review of body fluids and electrolytes infection control transplantation and key psychosocial aspects of dialysis treatment Question and answer format makes learning easier and makes the book suitable for independent study Multidisciplinary approach includes a chapter on the different roles in the hemodialysis team describing how dialysis care is coordinated and what patients go through during their treatment Easy to understand style introduces new terms and concepts without assuming prior knowledge of dialysis Home Dialysis Therapies chapter describes the use of home dialysis treatment as a possible cost cutting measure Useful appendixes offer a quick reference to the sodium and potassium content of various foods nephrology organizations and resources a list of dialysis lab tests a glossary and more Coverage of the entire lifespan helps you care for patients of different ages with separate chapters on pediatric dialysis and end stage renal disease in the elderly 70 illustrations depict all aspects of dialysis treatment and care NEW Case Management of the Chronic Kidney Disease Patient chapter is added EXPANDED Patient Education Guidelines chapter adds coverage of motivational interviewing EXPANDED Psychosocial Aspects of Dialysis Therapy chapter adds information on patient care UPDATED content includes new guidelines and information on medication Manual of Dietetic Practice Joan Gandy, 2019-06-13 The authoritative guide for dietetic students and both new and experienced dietitians endorsed by the British Dietetic Association Now in its sixth edition the bestselling Manual of Dietetic Practice has been thoroughly revised and updated to include the most recent developments and research on the topic Published on behalf of the British Dietetic

Association this comprehensive resource covers the entire dietetics curriculum and is an ideal reference text for healthcare professionals to develop their expertise and specialist skills in the realm of dietetic practice This important guide includes The latest developments and scientific evidence in the field New data on nutrition and health surveillance programs Revised and updated evidence based guidelines for dietetic practice An exploration of how Public Health England has influenced the field Practical advice on public health interventions and monitoring A companion website with helpful materials to support and develop learning Written for dietitians clinical nutritionists and other healthcare professionals by leading dietitians and other professionals the Manual of Dietetic Practice continues to provide a crucial resource for experts and novices alike

Yoga for Cardiovascular Disease and Rehabilitation Indranill Basu Ray,2024-11-17 Yoga in Cardiovascular Disease and Rehabilitation Integrating Complementary Medicine into Cardiovascular Medicine highlights recent research clinical trials and experiments on yoga and meditation as a preventative measure against various major cardiovascular diseases including hypertension hyperlipidemia coronary artery disease and metabolic syndromes Chapters discuss yoga s role in ameliorating cardiac dysfunction and current knowledge on the effects of yoga on the brain emotion and other factors that initiate and perpetuate vascular inflammation Cellular genetic and molecular effects of yoga based on experimental evidence are also covered in detail providing readers with the latest research on the effects of yoga and meditation in heart diseases This book also explores current knowledge gaps in yoga research to facilitate further research and is a comprehensive reference to scientists and clinicians interested in yoga s health effects including preventing and treating diseases Highlights recent research clinical trials and experiments on yoga and meditation as a preventative measure against various cardiovascular problems Covers all major heart diseases including hypertension hyperlipidemia coronary artery disease metabolic syndromes and more Adopts a translational approach exploring the cellular genetic and molecular effects of yoga on health based on the latest research evidence **The Diabetic Foot** Aristidis Veves,John M. Giurini,Raul J.

Guzman,2018-09-05 In the fourth edition of this gold standard title a distinguished panel of experts provides a thorough update of the significant improvements in our understanding of diabetic foot physiology and its clinical management Divided into three sections the first part focuses on clinical features and diagnosis the second on pathophysiology and the third on the management of diabetic foot problems In addition to updating all previous chapters several new contributions have been added reflecting advances in our understanding of the causes of diabetic foot ulcers and efforts to develop new and more effective therapies The authors many practicing at the famous Joslin Beth Israel Deaconess Foot Center again illuminate the successful new multidisciplinary approach now clearly required for successful treatment of the diabetic foot Drawing on the experiences of diabetologists podiatrists vascular surgeons infectious disease specialists orthotists plastic and orthopedic surgeons The Diabetic Foot Medical and Surgical Management 4th Edition expertly describes standard techniques and current methods derived from the most recent data This updated edition will be of significant value to all physicians and

researchers with interest in a state of the art understanding of the diabetic foot Netter's Integrated Review of Medicine, E-Book Bryan Leppert, Christopher R Kelly, 2020-03-11 Netter's Integrated Review of Medicine Pathogenesis to Treatment provides concise visual overviews of the basic science and mechanisms of disease most relevant to diagnosis and treatment This integrated approach to underlying principles is your helpful companion on wards providing an understanding of why best practices evidence and guidelines make sense in the context of clinical decision making Short to the point chapters focus on common clinical situations and bridge the gap between basic sciences and the clinical thought process Reviews foundational science in the context of frequently encountered point of care situations offering an excellent review Presents 400 full color Netter images alongside diagnostic images providing a memorable highly visual approach Offers readable practical content organized by clinical topic covering the basic sciences that are most relevant to each disease or condition Provides readers with a detailed logically organized framework for approaching patient care the first part focuses on evaluating a new patient moving from history and physical exam findings to integration of objective data used to formulate a diagnosis the second part proceeds from this diagnosis to review its implications further evaluation and treatment

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