

❖ Management on Sick Day-cont'd

Recommendation:

1. Develop protocol to include CBGM and ketone testing; establish procedure to notify physician and define threshold for emergency hospital admission.
2. Develop list of alternate food choices for carbohydrate and fluid replacement.
3. Develop log to track oral intake.

❖ Safety of System

Rationale:

1. Antidiabetic medications must be given in accordance with meals for optimal effect and to avoid hypoglycemia².
2. CBGM results and record of antidiabetic medications should be integrated to facilitate monitoring.
3. Knowledge deficit of healthcare providers must be addressed and monitored to enhance the quality of care.

Recommendation:

1. Develop schedule to optimize administration of antidiabetic medications in accordance with meals. It is best done in collaboration with pharmacy.
2. Develop document to integrate recording of CBGM results and antidiabetic medications given.
3. Provide education to meet the learning needs of staff and physician groups.
4. Conduct systematic chart audits on quality of care and report findings to Professional Advisory Committee.
5. Develop maintenance program to sustain the changes, to enhance the program and to provide support to the staff.

▶ Embark on the Journey of Change



The inception of a **multidisciplinary steering committee** is essential to the identification of deficiencies, planning of strategies and implementation of changes. The success of the program is highly dependent on the collaboration of all stakeholders throughout the process.

This pamphlet is only intended as an educational resource for health care providers working in LTCH. Each LTCH is unique and changes must be made in consultation with their respective advisory committee and physicians.

References:

1. The Michener Institute of Applied Health Sciences, *Diabetes Educator Certificate Program, Basic Level 2004*: module 3, 21-40; module 4, 25-28; module 5, 1-63 .
2. Canadian Diabetes Association, 2003 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada. *Canadian Journal of Diabetes*. 2003;27(suppl 2) S1-139.
3. Practical Diabetes Management, Clinical Support for Primary Care Physicians. *Canadian Diabetes Association* 5th edition, Module 2, 1-5.
4. Registered Nurses Association of Ontario, *Best Practice Guideline for the Subcutaneous Administration of Insulin in Adults with Type 2 Diabetes*, June 2004, 10-91.

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How to Optimize Blood Glucose Control in Long Term Care Home



This pamphlet has been developed by **Freda Leung** (Pharmacist and Certified Diabetes Educator) in collaboration with the **Regional Best Practice Coordinator in Toronto**, Ministry of Health and Long-Term Care and **Tendercare Living Centre**, a long term care home in Toronto that has implemented this program.