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Type 2 Diabetes: diagnosis and treatment of complications.

INTRODUCTION

Type 2 Diabetes Mellitus (T2DM) is a major cause of morbidity and mortality in Scotland and worldwide, with an increasing prevalence. Evidence shows that many diabetic outcomes can be influenced by appropriate therapies.

This module includes recommendations for the management of cardiovascular, kidney and foot disease in patients with T2DM.

The diagnosis of diabetes, and the lifestyle and pharmacological management of hyperglycaemia are covered in a separate PBSGL module, "Type 2 Diabetes: diagnosis and management of hyperglycaemia and hypoglycaemia." Groups may find it helpful to study that module prior to studying this one – this module on complications of diabetes makes little reference to the detailed management of hyperglycaemia.

Guidance on preventing visual impairment and specific advice for pregnant women with diabetes are not included.

The cases below are designed to illustrate the problems described in the aims of the module. They are real cases, but are **not** meant to be the focus of the group's discussion. Instead, PBSGL groups are encouraged to think of similar cases in their own place of work.

Studying all the cases is not compulsory. If the group runs short of time, and completing the group feedback is still to be done, it is better to leave out a case completely. The feedback, where group members say what changes they will make in practice as a result of the meeting, is an essential part of the learning process – more important than "completing the cases".