

## **Diabetes Education**

Use this information for visits with clients who are newly diagnosed diabetics or who need refreshing with education.

*Leave in chart* for nurses to use while completing diabetes education with the client.

Nurses should review this with clients *each visit* until client has demonstrated understanding.

### **How do I know when I have *low* blood sugar?**

You may feel one or more of these symptoms:

Nervous or irritable

Sweaty

Very hungry

Unsteady on your feet

Headache or blurred vision

Shaky, faint or lightheaded

Weak

Slurred speech

Numb or tingling lips,

tongue fingers or feet

### **How do I treat low blood sugar?**

Eat or drink one of the following with 15-20 grams of fast-acting carbohydrate:

glucose tabs (3-4)

6-8 lifesavers

1 cup of fruit juice or pop

3-4 teaspoons of honey

Relax and recheck your blood sugar in 15 minutes and repeat the step if necessary.

### **How do I know when I have *high* blood sugar?**

You may feel one or more of these symptoms:

Unusually tired

Urinating a lot

Drinking a lot

## **Why is my blood sugar high?**

Illness or stress

Other meds you take may increase blood sugar

Not enough exercise

Not following a meal plan

Not getting enough insulin or diabetes meds

## **What is my blood sugar target?**

Your target blood sugar should be between **4 and 7** before any meal.

2 hours after eating your target should be between **5 and 10**.

## **Healthy tips for Diabetes**

- Eat three meals a day.
- Eat a variety of foods.
- Choose lower fat choices.
- Choose high fibre choices.
- Include regular exercise daily.
- Attain or maintain a healthy body weight.
- If you are thirsty, drink water.
- Monitor skin daily for breakdown, also feet.