Be Involved in Your Health Care: ‘Ask About Low Blood Sugars’

It is important for patients who have diabetes to talk with their health care provider about selecting a safe and effective blood glucose target range that is based on their own goals, priorities and lifestyles.

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Electronic Bulletin Board

PowerPoint Presentation (or other use)

Want a .png version of this infographic?
https://www.prevention.va.gov/images/DIAB-ENDO-HSI-Infographic-Print-Final-PNG.png

Department of Veterans Affairs Resources

• New VA-DoD Clinical Practice Guideline on Type 2 Diabetes Mellitus
The new VA-DoD Clinical Practice Guideline on Managing Diabetes Mellitus in Primary Care emphasizes the importance of partnering and sharing decision making between patients and the whole health care team in all aspects of the diabetes care plan. An especially important decision to share is the selection of blood glucose target ranges that will be safe and effective for each patient based on the patient’s priorities, goals and lifestyle. This will help Veterans avoid episodes of low blood sugar and maintain their health.
https://www.healthquality.va.gov/guidelines/CD/diabetes/
• Shared Decision Making: SHARE Approach and Teach Back

Veterans Health Library
http://www.veteranshealthlibrary.org/
The Veterans Health Library offers comprehensive information about diabetes and preventing and treating low blood sugar.

• Living with Diabetes
• Diabetes: Disease & Conditions
• Diabetes: Tests and Treatments
  o What is Hypoglycemia (Low Blood Sugar)?
  o Signs, Causes, and How to Treat Low Blood Sugar
  o Using Glucose Tablets to Treat Low Blood Sugar
  o Using Glucose Gel or Solution to Treat Low Blood Sugar
• Videos for patients and Health Care Team Members:
  o “Partnering With Your Provider: Be Aware! – Tom’s Story” (3:06)
    http://www.veteranshealthlibrary.org/Resources/VideoLibrary/?e=0#player:165,DIABETES03
  o “Partnering With Your Provider: Speak Up! – Mary’s Story” (3:37)
    http://www.veteranshealthlibrary.org/Resources/VideoLibrary/?e=0#player:165,DIABETES02
  o “Partnering With Your Provider: Don’t Forget!” – Joe’s Story” (3:36)
    http://www.veteranshealthlibrary.org/Resources/VideoLibrary/?e=0#player:165,DIABETES01

• Partnering with Your Whole Health Care Team:
  o Talk with Your Provider About Choosing a Safe A1C Goal
    http://www.veteranshealthlibrary.org/Search/142,41524_VA
  o What You Should Know About a Safe A1C Goal
    http://www.veteranshealthlibrary.org/Search/142,41525_VA
  o Be Involved in Your Health Care - January 2017 Monthly Prevention Topic
  o Be Involved in Your Health Care Whiteboard Video
    https://www.youtube.com/watch?v=zmhxK4theZo&list=PL3AQ_JV0BEywH95nwBCpq0mA WBuMfG0y&index=10