



## *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.

- Be Involved in Your Health Care - January 2018 Monthly Prevention Topic  
[https://www.prevention.va.gov/MPT/2018/January\\_2018.asp](https://www.prevention.va.gov/MPT/2018/January_2018.asp)
- Be Involved in Your Health Care Whiteboard Video  
[https://www.youtube.com/watch?v=zmxK4theZo&list=PL3AQ\\_JVoBEywh95nwBCpqomAWbULMfGoy&index=19](https://www.youtube.com/watch?v=zmxK4theZo&list=PL3AQ_JVoBEywh95nwBCpqomAWbULMfGoy&index=19)

- **2017 VA-DoD Clinical Practice Guideline on Type 2 Diabetes Mellitus**

The 2017 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://vaww.oqsv.med.va.gov/functions/integrity/cpg/cpgDM.aspx>

### **Veterans Health Library**

- [Living with Diabetes](#)
- [Diabetes: Disease & Conditions](#)
- **Diabetes: Tests and Treatments**
  - [What is Hypoglycemia \(Low Blood Sugar\)?](#)
  - [Signs, Causes, and How to Treat Low Blood Sugar](#)
  - [Using Glucose Tablets to Treat Low Blood Sugar](#)
  - [Using Glucose Gel or Solution to Treat Low Blood Sugar](#)

- [New Diabetes Shared Decision-Making Tool: Should I Start Insulin?](#)

Veterans can use this VHL tool to learn about treatment options, insulin, and setting a safe A1c goal for managing their Type 2 Diabetes. Veterans who work through the tool will be able to reflect on their options and factor in what is important to them. At the end they can print a summary of their responses to share with their healthcare provider, family members, or caregivers.



- **Videos for Veterans and VHA Health Care Team Members:**

- “Partnering with Your Provider: Be Aware! – Tom’s Story” **(3:06)**  
<http://www.veteranshealthlibrary.org/Resources/VideoLibrary/?e=0#player:165,DIABETESo3>
- “Partnering with Your Provider: Speak Up! – Mary’s Story” **(3:37)**  
<http://www.veteranshealthlibrary.org/Resources/VideoLibrary/?e=0#player:165,DIABETESo2>
- “Partnering with Your Provider: Don’t Forget!” – Joe’s Story” **(3:36)**  
<http://www.veteranshealthlibrary.org/Resources/VideoLibrary/?e=0#player:165,DIABETESo1>

- **Partnering with Your Whole Health Care Team:**

- Talk with Your Provider About Choosing a Safe A1C Goal  
[http://www.veteranshealthlibrary.org/Search/142,41524\\_VA](http://www.veteranshealthlibrary.org/Search/142,41524_VA)
- What You Should Know About a Safe A1C Goal  
[http://www.veteranshealthlibrary.org/Search/142,41525\\_VA](http://www.veteranshealthlibrary.org/Search/142,41525_VA)

## **Department of Veterans Affairs Resources**

- Shared Decision Making: SHARE Approach and Teach Back  
<https://www.prevention.va.gov/docs/NCP-VHEI-Diagram-SHARE-Approach-June2017.pdf>
- VHA Choosing Wisely Hypoglycemia Safety Initiative (HSI)  
<https://www.qualityandsafety.va.gov/ChoosingWiselyHealthSafetyInitiative/HypoglycemiaSite/Hypoglycemia.asp>