

# DIABETES CONTROL MATTERS

## WHEN YOU ARE IN THE HOSPITAL

A variety of factors associated with hospitalization complicate blood glucose control for patients with diabetes. Avoidance of complications requires flexibility, planning and constant surveillance. It is currently recommended that during any hospitalization, the blood glucose values should not be allowed to exceed 200 mg/dl without treatment. Allowing blood glucose to exceed this level increases the complexity of the admission and places you at risk for additional medical consequences.



Poor long-term diabetes control is common in patients who are admitted to the hospital and easily identifiable through examination and laboratory measurements of HbA1c levels. Hospitalization may provide an "opportunity" to investigate the problems leading to poor control and to develop a plan that can be utilized and maintained after discharge.

Planning for discharge from the hospital should be initiated early in the hospital stay and should include education in diabetes survival skills for you and your family. After discharge, you should be followed closely to ensure that your recovery is progressing and that you have made a successful transition to outpatient services for further education and follow-up of your diabetes.

### Conditions That Commonly Affect Blood Glucose Control

#### Hyperglycemia

Excessive food intake  
Reduced physical activity  
Pancreatic disease  
Infection  
Heart Attack  
Trauma  
Surgery  
Emotional stress  
Liver disease  
Pregnancy  
Gastropathy

#### Hypoglycemia

Reduced food intake  
Malnutrition  
Increased activity  
Alcohol intake  
Kidney disease  
Liver failure  
Pregnancy  
Gastropathy

### Why Is It Difficult to Control Blood Glucose in the Hospital?

- ◆ Stress
- ◆ Loss of appetite, nausea, or vomiting
- ◆ Altered diet
- ◆ Changes in timing of meals and injections
- ◆ Difficulty controlling timing of injections relative to meals
- ◆ Procedures interrupting meals
- ◆ Intravenous fluids
- ◆ Added medications contributing to hyperglycemia or adverse effects of hyperglycemia (ex. Steroids)
- ◆ Reduced signs and symptoms of hypoglycemia
- ◆ Lack of attention to required adjustments in diabetes management.
- ◆ Multiple care givers who may not be familiar with patients' usual regimens.

### Potential Consequences of Uncontrolled Blood Glucose in the Hospital

- ◆ Insulin resistance
- ◆ Increased risk of infection
- ◆ Poor wound healing

### AMERICAN DIABETES ASSOCIATION GOALS FOR BLOOD GLUCOSE

	GOALS	ACTION SUGGESTED
Pre meals	80-120 mg/dl	<80 or >140 mg/dl
Bedtime	100-140 mg/dl	<100 or >160 mg/dl
Hemoglobin A1c	<7%	>8%