



**My Diabetes
Companion**

FOREWORD

Diabetes is a chronic Non Communicable Disease (NCD) and sustained efforts are needed from patients, their families and health care providers to deal with it successfully. With the COVID-19 pandemic ravaging all corners of the globe, more than ever, diabetes needs to be at the center of our attention.

Following the quote “The diabetic who knows the most, lives the longest” by Elliott P. Joslin (1869-1962), doctor and pioneer in diabetes management and patient education, we set out to develop this comprehensive context-adapted booklet to empower all stakeholders that include patients (including expert patients), relatives and Health care workers.

The booklet is based on existing evidence about diabetes, and real time experience in diagnosing and managing diabetes in the Manicaland NCD pilot project, Zimbabwe. Patients and health care workers from Victoria Chitepo Provincial Hospital, Chipinge District Hospital, St Peter’s Mission Hospital, and nine primary health care sites in Chipinge District contributed to its content with support of MSF mentors. Valuable guidance was also provided by Sister P. Rwizi, diabetes educator at Harare Central Hospital.

The booklet is intended for patients to read step-wise and discuss each section with their health care worker, on and off-site. Family members and caretakers are also encouraged to study the booklet as part of the learning process and management of diabetes as a team.

We would like to thank and recognize the expert patients and health care workers from Ministry of Health and Child Care (MoHCC) in Zimbabwe, and from Médecins Sans Frontières.

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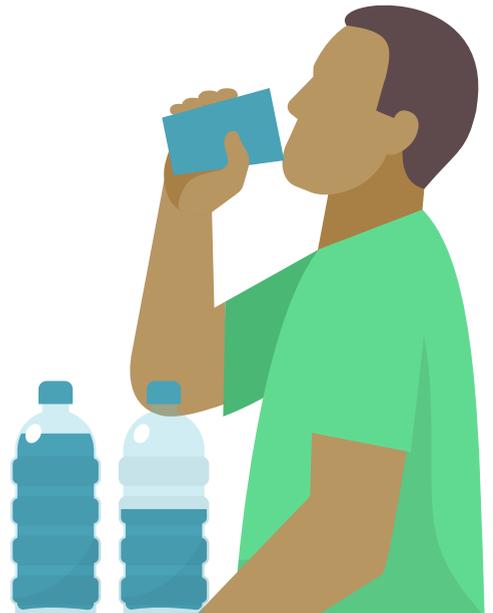
1. AN INTRODUCTION TO DIABETES MELLITUS (DM)?

- The body cells need sugar to work normally. Sugar gets into the cells with the help of a chemical produced in our body called insulin. In a healthy person, insulin helps turn sugar into energy. Through its actions, insulin lowers blood sugar levels.
- If there is not enough insulin, or if the body stops responding to insulin, sugar builds up in the blood.
- Normal Blood sugar levels are from 4-11 mmol/litre and A1C of below 7%.
- **Therefore, DM is a condition that results in too much sugar in your body.**
- The main types of DM are:
 - Type 1** – characterized by insufficient insulin production and commonly diagnosed in children and young adults.
 - Type 2** – The body cells do not respond to insulin well, commonly diagnosed in adults.



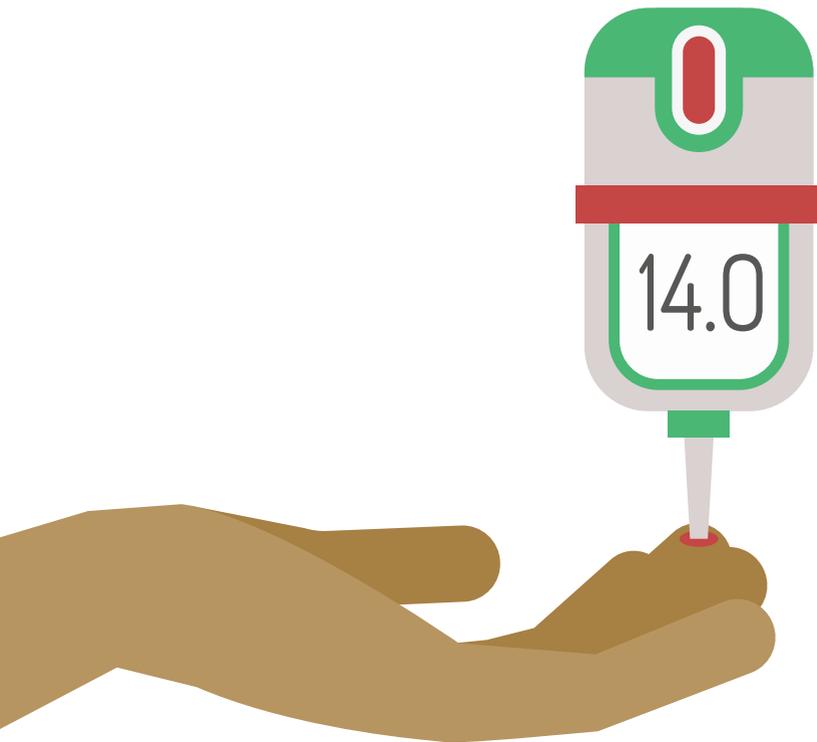
**WHAT ARE THE SIGNS AND
SYMPTOMS OF DM?**

- Excess thirst
- Passing urine frequently, even at night
- Feeling hungry frequently
- Unintended weight loss
- Tiredness
- Blurred vision
- Irritability
- Slowly healing sores
- Dry and itchy skin
- Losing feeling in your feet or feeling a tingling sensation



EXAMPLES OF TESTS TO CONFIRM DIABETES

- Blood sugar (glucose), which can be tested before eating anything in the morning (fasting blood sugar)
- A1c, which gives an average blood sugar for a period of 3 months prior to the date of test
- More tests may be done to check if other organs function well, for instance, the kidneys. Your clinician can advise you



**WHAT CAN BE
COMPLICATIONS IN DIABETES?**

- Blindness
- Foot ulcer, which may lead to amputation
- Coma
- Kidney damage
- Nerve damage
- Sexual problems (impotence)
- Hypertension/heart attack
- Stroke.



**WHAT ARE RISK FACTORS FOR
DIABETES?**

DM TREATMENT

DM can be treated by adhering to a particular lifestyle (see sections 2 and 3) and taking daily medications.

The medications may be oral tablets or insulin injections depending on the type of DM.

Your health care provider will work together with you to come up with a medicines and lifestyle prescription that best suits your situation.

It is important to note that ultimately, most DM patients will need to take daily insulin injections in order to control the disease.



**HOW DO I KNOW IF
MY MEDICATION IS
EFFECTIVE?**

Your sugar levels will be within the normal range (4-11mmol/litre and A1C of below 7%).

Your health care provider will advise you on the frequency of blood sugar testing to determine whether you are doing well.

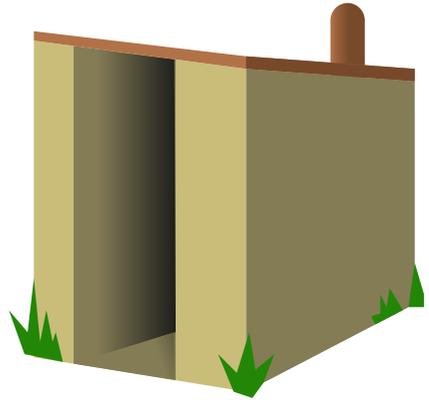


HOW ABOUT SIDE EFFECTS?

Different medicines have different side effects. Report to your clinic if you think you have side effects, which may include:

- Allergic reactions
- Upset stomach
- Diarrhoea or muscle pain

If you have any of these, seek immediate medical attention. However, many diseases can cause similar discomforts.



MYTHS AND FACTS ON DIABETES

Myth	True/false	Explanation
Diabetes is not a serious condition	False	If untreated, many people with diabetes are likely to become sick or even die from complications
Diabetes is caused by evil spirits	False	The body does not produce enough insulin, or no insulin at all, so sugar builds up in the blood and cannot be used for energy production
DM can be cured	False	DM is a lifelong condition which can only be controlled through lifestyle changes and medications. It is not curable.
Diabetes is a death sentence	False	With appropriate treatment and lifestyle changes, people with diabetes can lead a near normal life
If someone in your family has diabetes, you will also develop it	False	It is true that being born in a family with a history of diabetes (first degree relatives) increases the chance of developing the condition. But by avoiding risky behaviours such as smoking, harmful use of alcohol, obesity, poor diet (how much people eat, what they eat) and a sedentary lifestyle one can prevent or delay the onset of diabetes

Myth	True/false	Explanation
If no one in your family has diabetes, do not worry about diabetes!	False	Even if no one in your family is suffering from diabetes, you still may get it. Excess body weight for example puts you at risk for diabetes.
You cannot exercise much or play sport if you are diabetic	False	Exercise for a minimum of 30 min a day for at least 3-5 times a week is encouraged. All forms of sports are also encouraged.
You will get diabetes if you are overweight	False	Being over-weight or obese increases the chance of developing diabetes; it is encouraged to have a normal body weight, ask your clinician about a health body mass index.
Type 1 diabetes is caused by eating too much sugar	False	Sugar in itself does not cause type 1 DM. But too much sugar in your diet does contribute to obesity which is a risk factor to development of the type 2 diabetes.
Diabetics should avoid eating sweets and other types of sugary foods	True	Diabetic people should avoid free sugars such as table sugars, sugary drinks, fruit juice, sweets as well as foods made with sugar such as cakes and biscuits. People with diabetes should also limit the quantities of starchy meals such as sadza, which are made up of complex sugars.

Myth	True/false	Explanation
I can use herbs to treat DM	False	Herbs have not been proved to treat DM therefore you are not advised to use them.
Type 2 diabetics go on insulin because they would have failed to adhere to health care advice.	False	During the early stages of the disease, insulin levels can be controlled adequately through healthy eating, exercise and oral medications. However, as disease progresses, an increasing number of people will need insulin to make up for the increasing lack of insulin production by the body. If insulin treatment is recommended by your health care provider, it is likely to have a positive impact on your diabetes and your health.
DM medications interfere with ARVs	False	You should continue with both treatments at the same time. Inform your health care worker about any other condition you are being treated.
I can pass DM to my family and friends	False	DM is not infectious; it cannot be passed from one person to the other.
I can have children	True	Diabetic patients can have children, but it is important to tell your health service provider about your DM.

Myth	True/false	Explanation
I can eat the same foods as my family	True	Yes, you and your family can eat the same healthy foods. You can show the way forward to the whole family on how to eat healthy. Share with them the concept of the “Healthy Plate” see page XXX.
You do not need to eat special foods if you have diabetes.	False	During the early stages of the disease, insulin levels can be controlled adequately through healthy eating, exercise and oral medications. However, as disease progresses, an increasing number of people will need insulin to make up for the increasing lack of insulin production by the body. If insulin treatment is recommended by your health care provider, it is likely to have a positive impact on your diabetes and your health.

2. DM LIFESTYLE: EATING AND EXERCISE

WHAT IS HEALTHY EATING?

Healthy eating involves eating planned, regular, nutritious foods.

Eating a healthy diet is part of diabetes treatment. Many people need to change **what** they eat and **how much** they eat to help treat their diabetes. This will help keep the sugar at or near normal level and prevent long-term problems. Changing the diet can also help to treat obesity and high blood pressure

PLAN YOUR MEALS

- Eating raises blood sugar, while being active lowers it, so you need to plan your meals and your activity levels.
- Aim to eat meals at the same time each day, especially if you are on insulin or tablets that increase insulin levels such as Glibenclamide.
- Plan to eat breakfast, lunch and supper and small snacks in between, daily.
- Avoid getting hungry or becoming too full. This helps to prevent low or high blood sugars.

BASIC FOOD GROUPS AND NUTRITION

Carbohydrates

They are rich in energy and constitute the fuel of our body. They are needed in moderation. Examples of carbohydrates

- Starchy food: Bread, maize, rice, sadza/isitshwala, sorghum, rapoko, potatoes, sweet potatoes, cassava, yams, porridge, oats, breakfast cereals, macaroni/spaghetti
- Table sugar and added sugars (from processed foods and sweetened beverages): free sugar, sweets, fizzy drinks and other sugar sweetened drinks, chocolate, biscuits, cakes, canned fruits
- Natural sugar coming from honey and sugar cane : this type of sugar is quickly absorbed
- Natural sugar coming from fruits, vegetables and milk: they contain different amounts of natural sugars. They are not counted as added sugars. But fruit juice should be avoided

as it tends to have lots of energy without the added benefit of fibre, which is found in the whole fruit.

- Refined or whole grain products:
 - » Refined products are lower in fibres. They are broken down fast and increase blood sugar to a greater degree. Examples of refined products include: flour, white bread or bread rolls, muffins, white rice, refined sadza/isitshwala).



- » Whole grain products are rich in fibres and are slowly broken down and absorbed. Examples are rapoko, brown rice, whole-grain cereal, oatmeal.



Proteins

These are building blocks for the body.

Examples of foods rich in Proteins

- Meat, fish, milk products, beans, peas, soya chunks, eggs, nuts.
- Eat a variety of healthy protein-rich foods but avoid protein sources with unhealthy fats.
- Opt for lean meat such as chicken without the skin, fish, eggs, beans, peas, soy beans or soya chunks, round-nuts (niymo/indhlabu), low fat dairy, peanuts and other nuts, sunflower or pumpkin seeds.
- Avoid read meat and processed meat such as, sausages, polony, corned beef. Opt for low fat dairy products.
- Have two to three daily servings of protein-rich foods, and 1-2 servings of fish per week (matemba, makrel, bream).



Fats

Fats are essential in the body to give your body energy. Fats also support cell growth and help to keep the body warm and help in the absorption of nutrients.

- There are different types of fats. Some are better for your body than others. It's good to reduce the intake of total fat.
- Limit fat from animal products such as fatty meat and dairy fat (whole milk, butter, fatty cheese and ice cream).
- Limit cooking oil; a bottle of 2litre cooking oil should last a month when used by a family of six people.



Fruits, vegetables, vitamins, fibre

Vegetables are high in fibres, vitamins and minerals. They also contain various amounts of carbohydrates (starch and sugar)

- Eat starchy fruits and vegetables in moderation (maize, potatoes, sweet potatoes, pumpkins, green peas, arrowroots, yams, butternut, bananas)
- Prefer non-starchy vegetables that are very low in carbohydrates and do not affect your blood sugar levels significantly (tomatoes, cucumbers, mushrooms, spinach, cabbage, Broccoli, covo, rape, tsunga, black jack, okra, cucumber, green beans, leafy salad greens, lettuce).
- Include a variety of different coloured vegetables.
 - » Dark green vegetables: Broccoli, covo, rape, tsunga, black jack, okra, cucumber, green beans, leafy salad greens, Lettuce,
 - » Red and Orange vegetable : Carrots, Pumpkin, Red peppers, Tomato
- Some fruits are high in natural sugar and should be eaten in moderation: watermelon, pineapple, mango. It's better to eat apples, oranges, naartjes, wild fruits...
- Eat a portion of fruits and/ or vegetables at each meal



Drinks/beverages

- Water is the healthiest option. Aim to drink 6 – 8 glasses per day.
- Avoid sugary drinks (e.g. sugar-containing fizzy drinks).
- Avoid fruit juice.
- You may include tea and coffee in your diet but avoid putting sugar. Avoid hot chocolate that contains sugar.
- Use artificially sweetened beverages in moderation.
- Opt for low fat milk
- Alcohol consumption should be in moderation (two pints per day).
- If you do not drink alcohol, don't start
- Avoid commercially prepared maheu: it contains lots of sugar and starch
- Opt for traditional maheu without added sugar. Drink maheu in moderation (it contains starch)



Salt

- Avoid foods that contain a lot of salt especially if you have high blood pressure.
- Don't add salt to your plate.

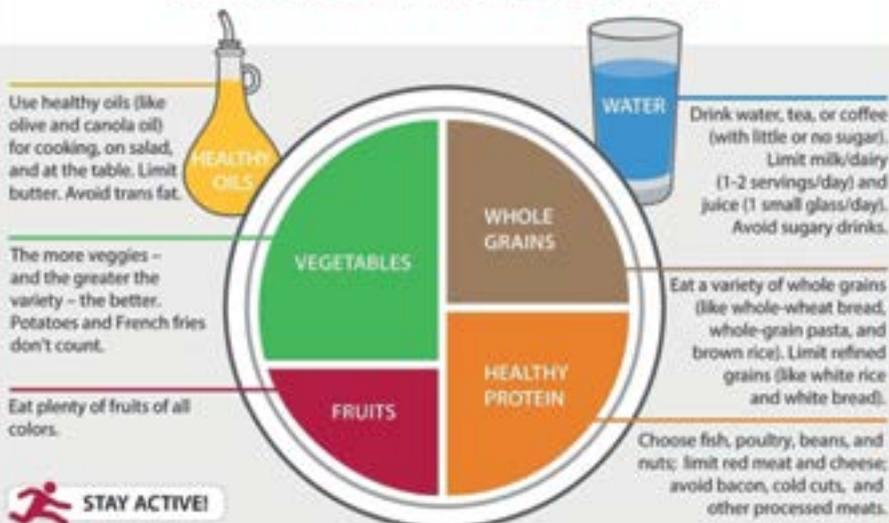
What can I do if I need to lose weight?

- Basic principle to lose weight: burn more energy (calories) than you consume!
- Avoid drastic diet plans that don't last
- Avoid eating your biggest meal of the day at night. Eat more for breakfast and less for supper
- Eat healthy, nutritious food, and make it a lasting lifestyle
- Increase your routine daily physical activities : avoid sitting too much, get up and move, move, move whenever you can : walk, even when phoning, spend energy in doing household chores, gardening or other physical activities, take breaks from "siting"
- Add some exercises that make you break into a sweat and make your heart beat faster
- Avoid liquids with added sugar
- Eat more whole foods, and avoid refined foods with added sugars
- Fill your stomach with fruits and vegetables
- **In need of a snack? Go for it with a handful of unsalted nuts, a carrot, some maputi (the healthy version is the unsalted version)**
- Seek help from a nutritionist if you need help to manage your weight.



Courtesy of David Brazier

HEALTHY EATING PLATE



STAY ACTIVE!

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The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu



POSSIBLE BREAKFAST OPTIONS



Bread with peanut butter



Yams (madhumbe)



Millet porridge (zviyo)



Porridge with peanut butter (dovi)

Examples of healthy snacks

Roasted nuts, pack of maputi/popcorn,
Fruits : banana, apple, mango, orange, avocado
One slice of brown bread with butter,
One hard boiled egg
Green garden salad



Courtesy of David Brazier

Carbohydrates:

- Avoid too much of starches
- Avoid added sugars
- Prefer whole grains
- Opt for the traditional sadza/isitshwala
- Prefer unrefined grains

Fats:

- Reduce fat, prefer low fat dairy
- Limit fat from animal products
- Prefer vegetable fat
- Avoid commercially prepared fast foods and fatty snacks

Proteins:

- Eat a variety of proteins throughout the week
- Opt for lean meat
- Avoid processed meat
- Enjoy fish, eggs, beans, peas, soya chunks, round-nuts, nuts and seeds

Fruits and vegetables:

- A portion of fruits or vegetables per meal
- Eat starchy vegetables/fruit in moderation
- Eat a variety of fruits and vegetables
- Eating food with a lot of fibre gives you a filling effect and is good for your bowel movements

Drinks/beverages:

- Drink lots of water
- Avoid sugar sweetened drinks
- Avoid fruit juices
- Avoid adding sugar in your tea or coffee
- If you do not drink alcohol, don't start

Salt:

- Avoid foods that contain a lot of salt
- Don't add salt to your plate

PHYSICAL EXERCISE



Brainstorming on physical exercise

- What is the level of physical activity your job allows you i.e. sit a lot, walk a lot?
- Do you think gardening, farming, household chores constitute exercise?
- What is your preferred physical activity/sport? At which time of the day?
- What stops you from doing physical exercise?
- What could enable you?
- Do you have any medical limitations to do sports?

Benefits of physical exercise

- It is important to be physically active. Physical exercise increases fitness and blood circulation. It helps to control your blood sugar and your weight. It helps to prevent problems with the heart and the blood flow. It helps to lower the blood pressure and to keep your mood up. It strengthens the bones and the muscles, and keeps your brain fit and agile.
- Exercise lowers your sugar, so it's good to have a snack before

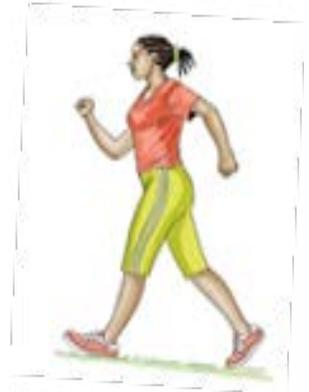
- Choose an activity that you enjoy, that suits you and that is feasible wherever you are
- Begin with a gentle exercise program and gradually progress to a more vigorous program as tolerated

Examples of physical exercises include:

- Brisk walking or hiking
- Jogging
- Gardening
- Farming
- Some household chores
- Swimming
- Cycling
- Ball games
- Dancing
- Tennis

How much physical activity is needed?

- Frequency: The exercise should be performed regularly: At least 30 minutes, 5 times a week
- If you sweat and your heart beat goes up you know that you are performing an effective exercise



3. LIVING WITH DIABETES

BEHAVIOURAL CHANGE AND COPING SKILLS

Diabetes is a chronic condition i.e. once diagnosed you must learn to live with it for the rest of your life. Its progression can be controlled through adopting necessary changes to your routine lifestyle and behaviours. It is important to remember that behaviour change is a process that will take time, commitment and support. Do not expect change overnight. Work with your healthcare provider, one step at a time. Remember diabetics can live a full life.

Lifestyle/behaviour	Advice/tips
<p data-bbox="87 528 348 560">Food and eating</p>  An illustration of a person in a blue shirt and red shorts holding a cricket bat. Surrounding the person are several circular icons representing healthy food items: a glass of orange juice, a bunch of grapes, a tomato, a cucumber, a carrot, a bell pepper, and a bunch of leafy greens. Blue arrows point from the person towards these food items, suggesting a connection between physical activity and healthy eating.	<ul data-bbox="445 528 994 1177" style="list-style-type: none">• Understand key principles to a nutritious meal and its impact on your sugar controls• Eat locally available foods• Adopt the healthy plate for the whole family and plan meals• If you have a garden, grow healthy plants and vegetables (carrots, cucumbers)• Practice healthy shopping by planning before you go shopping• Set realistic goals! it's better to eat sometimes a small amount than to abandon your diet completely due to setting unrealistic expectations for yourself

Lifestyle/behaviour

Advice/tips

Exercise



- Exercise should be performed regularly: At least 30 minutes a day, 5 times a week
- Plan for exercises a day before,
- keep it simple and inexpensive
- Turn regular activities into exercise e.g. brisk walking to work rather than driving, doing the chores at home
- Involve family members in exercise and make it fun. They will motivate you and it's also healthy for them

Smoking and Alcohol consumption



- Stop smoking. Smoking damages your blood vessels, which leads to worsening of the diabetes
- Seek help on stopping from your health provider
- Avoid excessive alcohol consumption
- Consider joining Addiction Support Groups

Lifestyle/behaviour

Social/cultural/
religious practices



Advice/tips

- Feel free to discuss with your health care provider, practices that you feel you cannot avoid but that may affect your DM desired lifestyle e.g. fasting at church, religious pilgrimage
- If in school, let your teacher/supervisor know about your condition and its requirements
- Correct misconceptions, spread accurate facts from reputable sources: Stigma is heightened by insufficient knowledge
- Avoid social gatherings where you may not be able to control your cravings or temptations to indulge
- Connect and share your experiences and feelings with your colleagues and families

Lifestyle/behaviour

Advice/tips

Taking Medications



- Take your medications as advised by your healthcare worker
- Set alarms to remind you when to take your medications
- Keep a medicines diary for the month and indicate by ticking as soon as you have taken your medication
- Disclose to someone in the family about your medication needs
- Always remember to keep a balance between taking medicines, exercise and eating
- Check that you have adequate medicine supplies to last you the prescribed duration
- Report adverse effects/side effects immediately to your health provider. Do not stop or adjust doses without their consent

Lifestyle/behaviour

Travelling



Advice/tips

- Carry extra food/fruits in case of transport delays/ breakdowns.
- Carry sugar/sweets with you
- Carry fresh drinkable water
- Take an extra supply of medication
- Always carry with you, a copy of your medical records or a medical alert bracelet
- If you have difficulties to recognize symptoms of low blood sugar, preferably travel with others who are aware of your condition
- Continue using your normal treatment doses, and follow nutrition advice that you received
- Wear appropriate footwear

4. INSULIN MANAGEMENT

BRAIN STORMING: BASIC FACTS OF INSULIN TREATMENT

- How do you feel about injecting yourself insulin? Afraid? Not ready? Anxious?
- Have you ever been told that you may need insulin?
- What do you know about insulin?
- Do you know anybody who is using insulin?
- How do you inject insulin?
- What can stop you from accepting treatment with insulin?

WHAT IS INSULIN AND WHY DO I NEED IT?

- Insulin is a chemical produced naturally by the body. When this production is insufficient, there is a need to fill the gap with manufactured insulin (diabetes type 1).
- In people with type 2 diabetes, the body develops resistance to insulin. Initially tablets and life style changes help to control the blood sugars , but eventually it is necessary to compliment the natural insulin with manufactured insulin.
- Manufactured insulin is a liquid that needs to be injected into the body.
- You may be afraid or nervous about injecting yourself but you will see, you will quickly learn and develop a routine. There are tools available that make injections painless such as insulin pens.
- Insulin decreases blood sugar better than any other available diabetes medication.

WHEN DO I NEED INSULIN?

- Type 1 diabetes: insulin is needed as soon as the condition is diagnosed.
- Type 2 diabetes: when you are not able to control your blood sugar levels with medication alone, your health care provider will offer to add insulin to your treatment, and revise the oral medications.

ARE THERE DIFFERENT TYPES OF INSULIN?

- There are different types. Some types of insulin start working as soon as you inject yourself, others need about half an hour to get going. Some types last longer than others and therefore need less frequent injections. The aim is to ensure that you are covered with insulin throughout the day and at night. Insulin can be used on its own or in combination with other medicines
- Traditionally insulin comes in small vials or bottles, and one needs a needle and syringe to draw up the insulin.
- Nowadays, insulin comes also in '**pensets**'. They have prefilled insulin cartridges and a needle. These pensets are easier to use than the syringes and insulin bottles, and can also be used for people who have a deficient vision or in the dark. They may cost more than the syringes and needles.

HOW MUCH INSULIN DO I NEED?

- For each person we need to find the dose that lowers blood sugar as close to normal as possible, without causing low blood sugar (Hypoglycaemia).
- This is what we call the "target". It may differ from person to person. For medical and other reasons different patients might receive different instructions, everybody should know where they are aiming to be.
- The stronger the insulin resistance your body is, the more units of insulin will be required
- This can be done with one to two injections per day (for most people with T2DM), or more (T1DM).

HOW SHOULD I STORE MY INSULIN SAFELY?

- Insulin is damaged by heat and light. Keep it in a cool, dark place but do not freeze it.
- **Best option:** store the insulin in the fridge (not in the freezer compartment, not in the back of the fridge).
- Once an insulin bottle has been opened, and refrigeration is not available: keep the insulin in a clay

- pot filled with water and stored in a cool, shady place inside the house. You may put the insulin in a plastic container/ bottle to protect it from getting wet or dirty, and then place it in the clay pot. This method allows insulin to retain its activity for 28 days.



Best option: store the insulin in the fridge (not in the freezer compartment, not in the back of the fridge).

STARTING INSULIN

- Starting insulin is a shared responsibility with your health care provider. Together you will make a plan on when to use insulin, what type of insulin to use and how much insulin you need.
- Some people need to inject themselves once a day only, others will need more frequent injections.
- You will start with a small dose that will be slowly increased until the dose that controls your blood sugar is found.
- This needs careful monitoring of your blood glucose to avoid putting you at risk of low blood sugar

SHOULD I INJECT MYSELF BEFORE OR AFTER MEALS?

Your healthcare provider will tell you exactly what times of the day you will inject yourself with insulin. In most cases you will start with 1 injection in the evening and increase doses and frequency as advised.

We advise that you inject yourself BEFORE your meals. See SMBG section for full explanation.

HOW DO I PREPARE MY DOSE OF INSULIN?

When using syringes and needles.

- Use the correct syringe for your type of insulin. Using the wrong syringe with your insulin can cause a dangerous insulin overdose
- Wash your hands and disinfect the injection site with spirit or water and soap.
- Uncap the needle of your syringe.
- Disinfect the cap of the insulin vial using cotton wool dampened with spirit and hold the vial upside down.
- Insert the needle into the vial.
- Pull the plunger to fill the syringe up to the prescribed unit level ensuring that the tip of the needle is fully covered while drawing the insulin.
- With the needle still in the insulin vial, tap the syringe with your finger to allow any air bubbles to float to the top of the syringe.
- Carefully push the plunger to eject the air (and any excess insulin) into the insulin vial. If you make a mistake and return more insulin back into the vial, it is okay to draw again until the prescribed units are attained.

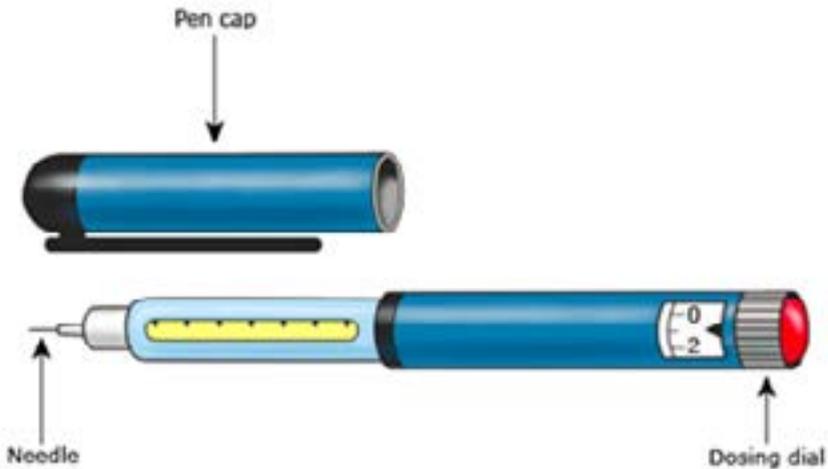


*Insert the needle into the vial.
Pull the plunger to fill the syringe*

WHEN USING A PENSET

There is a dial at the end of the pen, which can be turned to mark the number of units you need to take. The numbers of units appear in a little window. Each click represents a unit of insulin. When there is not enough insulin left in the pen, one cannot turn the dial anymore to set a dose, and a new pen is needed.

Insulin pen



Insulin pens are about the size of regular writing pens. They come with prefilled insulin cartridges and have a dial at the top that you use to set your dose. You replace the needle each time you use the pen.

WHERE CAN I INJECT MY INSULIN?

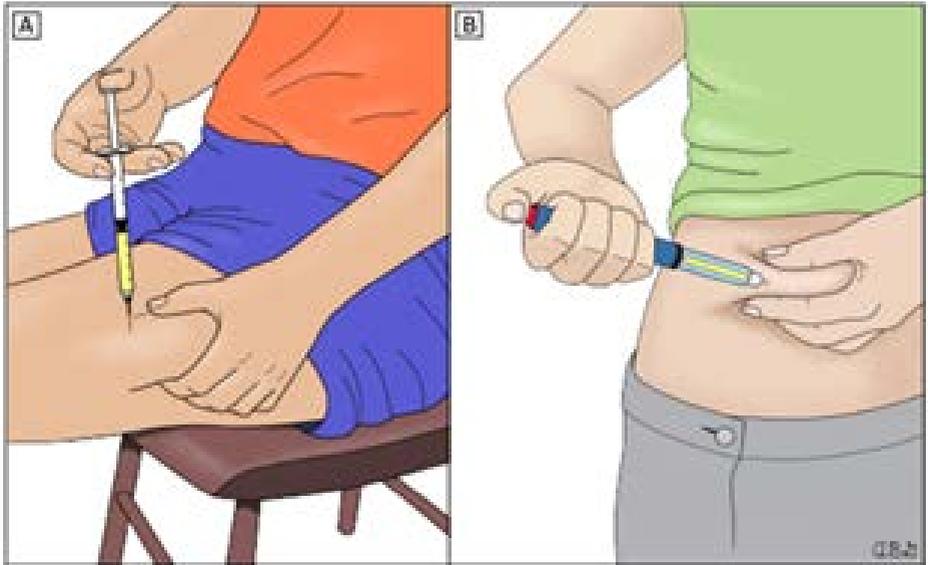
- Use an area of the body in which approximately 2.5 cm of skin fat can be pinched between two fingers: thighs, lower abdomen, arms, and back
- Rotate the sites of injection, in order to give time for healing.

Where to give an insulin shot



HOW DO I DELIVER THE INSULIN INJECTION?

- Inject insulin into the fatty tissue just below your skin. If you inject the insulin deeper into your muscle, your body will absorb the insulin too quickly, it might not last long and the injection is usually more painful. This can also lead to low blood glucose levels within a very short time and can be dangerous.
- The method of injection is the same with insulin syringes as with pensets. See picture for the correct angle of injection.
- Hold the needle in place for several seconds before withdrawing it to avoid insulin leakage after withdrawal of the needle.



You can give yourself insulin using a needle and syringe (**panel A**) or a pen injector (**panel B**):

- Pinch up some skin and quickly insert the needle. Keep the skin pinched to avoid having the insulin go into the muscle.
- Push the plunger down all the way and count to five.
- Let go of the skin and remove the needle. If you can see blood or clear fluid (insulin) where the shot went in, press on the area for five to eight seconds, but do not rub.

CAN I REUSE SYRINGES AND NEEDLES?

Avoid reusing your syringes and needles. Although reusing syringes may help you cut costs, repeated use of needles causes them to become blunt (injections with blunt needles are painful and can cause scars). They also increase the risk of infections.

HOW DO I DISCARD SYRINGES AND NEEDLES

- Discard your used syringes and needles in a plastic bottle with a screw cap. Take the plastic bottle to hospital when you go for review and hospital staff will dispose of it correctly.
- You can discard the used syringes and needles in a Blair

latrine/toilet

- Do not mix them with regular household waste.
- Never reuse the syringe of someone else

WHAT ARE THE COMPLICATIONS OF INSULIN TREATMENT?

It is important to minimize blood sugar fluctuations, as they are associated with risks and complications.

Hypoglycaemia

Patients on insulin treatment are at an increased risk of developing low blood sugar (hypoglycaemia)
(See complications of diabetes)

Infection

Infection usually starts from the site of injection, but may also spread to the rest of the body. Infection of the injection site is usually due to failure to observe hygiene (disinfecting injection site with spirit), and reusing needles and syringes.

Signs of infection

This depends on whether the infection is localized (still on the injection site only), or has spread to the rest of the body. An infected injection site is usually reddened, painful, swollen or may be have pus. Once infection has spread to the rest of the body, you may experience a fever.

Visit your clinic as soon as you have any signs of infection.

Scarring

This happens on the injection site and is usually due reuse of insulin needles. Blunt needles cause injury to your skin. Check your injection technique: insulin needs to be injected vertically, not horizontally.

Scars can interfere with the slowdown absorption of insulin and your blood sugars may end up not being controlled.

MAY I EXERCISE IF I'M ON INSULIN?

Yes, you are encouraged to exercise. Exercise helps your body to use insulin efficiently and control body weight, contributing to overall improvement of blood glucose control. You are encouraged to exercise for at least 30 minutes, three days every week as a minimum. Here are some tips:

- Check your blood sugar before you exercise. If it is below 3.9mmol/L, do not start exercises (including lifting, cycling, running, driving, operating machinery or engaging in any physical work) until you have eaten a meal or snack and rechecked your blood sugar level.
- If you feel weak in the middle of exercising or sporting, stop and check your blood sugar.

5. SELF MONITORING OF BLOOD GLUCOSE (SMBG)

WHAT IS SMBG

It is the process of testing one's sugars at prescribed time points and correcting insulin doses accordingly.

HOW DO I KNOW, IF MY BLOOD SUGAR IS WELL CONTROLLED WITH THE PRESCRIBED DOSE?

A HCW will check, teach and equip you to test your blood at home. Once they are confident you have grasped the necessary skills, they will proceed stepwise, and invite you to test your blood sugar at home following specified testing intervals. You will be taught how to increase your insulin dose slowly but surely based on the sugar results

- It shows the effects of the eating plan, the food intake, the medication, the physical activity, and any type of stress on your blood sugar such as illness.
- It guides the adjustments in the eating plan, exercise program and medication to achieve targets for blood glucose.
- It is important to note down these results in a diary to help you and the health care team to keep track of progress towards achieving optimum control of the blood sugar levels.
- In order to perform SMBG correctly, it is important for you to know your blood sugar target

OBJECTIVES FOR SMBG:

- To record a snapshot of blood sugar levels during the day and how they vary
- To achieve and maintain optimal levels of blood sugar
- To prevent, identify and manage low and high blood sugar levels.
- To adjust insulin doses, diet and exercise

HOW DO I KNOW MY BLOOD SUGAR LEVEL?

You will use a little machine called glucose-meter or glucometer. You will need to prick your fingertip to get a drop of blood. This can be done several times daily or as

advised by your health care worker.

Consistency is important: measure the blood glucose at the same time each day for each time point. We advise you to maintain stable/regular/predictable lifestyle conditions. This will facilitate the monitoring of your blood glucose, and dose adjustments by the clinician.

The blood sugar measurements should then be recorded in your booklet.

If you have impaired vision, ask your relatives for help with the reading to avoid errors.

Always keep your machine safe, away from the reach of children.

Always carry your machine with you to show the HCW on review days

TECHNIQUE OF CHECKING THE BLOOD GLUCOSE

1. Wash hands with soap and water, then dry them.
2. Insert a new test strip into the blood glucose meter and check that it turns on and shows the same code as written on the test strip bottle.
3. Using a new lancet/needle, prick your finger.
4. Gently squeeze the finger to produce blood, but wipe off the first drop, then squeeze again to get a big drop of blood.
5. Apply the blood drop to the test strip in the blood glucose meter. The results will appear on the glucometer after a few seconds.
6. Dispose of the used lancet/needle in your container designed for sharps.



1



2



3



4



5



6

HOW DO I ACHIEVE MY TARGET BLOOD GLUCOSE VALUES?

Two important factors: lifestyle (diet and exercise) and insulin dose.

- If the diet and exercise do not match the insulin dose, your blood sugar level can get too low or too high. Blood sugar levels that are too low or too high can cause problems.

Lifestyle

- Aim to have a routine planned diet and exercise schedule
- It's you who defines what you eat according to the principles of healthy eating, and it's also you who defines what level of physical activity makes you feel good. Keep it stable and regular.

Insulin dose

- Administer the insulin dose that is safe and effective
- Your health care provider will choose the dose of insulin that you need using the results from the measurements you do at home
- They will adjust the insulin to fit into your lifestyle and may eventually teach you to do it by yourself

Always “TIE” your insulin injections with a meal ready to be served:

Test your blood sugar first (per instruction)

Inject the recommended insulin BEFORE you eat

Eat a healthy meal AFTER injecting insulin

Remember: Your safety is very important. The dose changes will be managed by medical staff in your clinic until you can do it yourself safely.

We would like you to learn to identify if your blood sugar is too low, or too high, and to take simple action to correct it.

Blood sugar level	Decision
Less than 3.0 (severely low blood sugar)	Eat something sugary urgently! Get an escort and go the closest health facility. Do not take your next insulin dose
Between 3.0 and 3.9 (mildly low blood sugar)	Eat immediately something sugary and recheck in 15 minutes. Have a meal; if you feel good, you do not need to come to the hospital Check your blood sugar one hour after the meal. If it is normal, take your next insulin dose as scheduled.

Table 1: Your blood sugar at a glance: Low blood sugar

Blood sugar level	Decision
Above 10 but less than 23 (mildly high blood sugar)	Use the decision tables (see below), and come for your planned review date
Above 23	visit diabetes clinic as soon as possible

Table 2: Your blood sugar at a glance: high blood sugar

WHY DID MY BLOOD SUGAR BECOME VERY LOW?

Contact your clinician by phone or visit, who will determine the reason. Ask yourself the questions below.

Reason for low blood sugar (hypoglycaemia)	Immediate action	Plan
Did I eat less than usual, or did I skip a meal?	Eat!	You need to plan your meals. Try to have your meals at the same time each day and to keep the quantities stable
Did I do a vigorous exercise without having had a snack?	Eat	Eat a snack before exercising
Did I make mistakes during the injection?	Eat	Ask your clinician to show you the correct technique
Could there be another reason?	Eat	Go to the nearest clinic

Table 3: Patient's for low blood sugar results

WHY IS MY BLOOD SUGAR HIGH?

It is possible that the right dose of insulin has not yet been found during the titration process.

Report your results to your clinician so that the doses can be adjusted if needed.

Ask yourself also the questions below!

Reason for high blood sugar	Action
Did I eat sugary foods or were my meals irregular?	Revise the content and timing of your meals
Did I forget/or was I unable to inject my usual dose?	Inject yourself according to the usual plan. Do not change the usual dose without advice from your clinician
Did I make mistakes during the insulin injection?	Ask your clinician to show you the correct technique
Am I ill or feeling unwell?	Go to the nearest clinic
Could there be another reason?	Go to the nearest clinic

Table 4: Patient's decision table for high blood sugar results

KEY MESSAGE FOR PATIENTS ON INSULIN:

- Have a routine planned diet and exercise
- Insulin is damaged by heat and light and should be kept in a cool, dark place, but must not be frozen
- Monitor your blood sugar as advised by the health care worker
- Record your results carefully in the booklet/sheet provided: this information is vital to your clinician to help them find the right insulin treatment for you
- Take simple action if your sugar is too low or too high and

- seek medical help if needed
- Know the symptoms of hypoglycaemia.

SICK DAY MANAGEMENT

These instructions are essential for patients with T1DM and are less important for patients with T2DM.

- An episode of illness or other stress factors, e.g. infection, injury, surgery, can lead to very high blood sugar even if you do not eat
- Go to your closest health facility as soon as possible to treat the underlying illness
- Continue monitoring you blood glucose
- Do NOT stop taking your insulin
- Drink a lot of fluids to prevent dehydration (see Table 1) These fluids should contain salt (sodium) and potassium so as to replace the loss of these electrolytes.
- If you are not able to follow a meal plan, use fluids with sugar to provide carbohydrate. Fluids can be oral rehydration salts, fruit juice, fizzy drinks (coca cola, ginger ale)
- Rest and avoid strenuous exercise/activity.

6. DIABETIC COMPLICATIONS AND COMORBIDITIES

HYPOGLYCAEMIA

HYPOGLYCAEMIA



(LOW BLOOD SUGAR)

SYMPTOMS



SHAKY



FAST
HEARTBEAT



SWEATING



DIZZY



ANXIOUS



HUNGRY

A

BLURRY
VISION



FATIGUE



HEADACHE

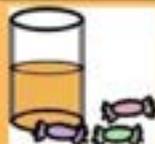


IRRITABLE

WHAT
CAN I DO



CHECK



TREAT



CHECK

CHECK: your blood glucose right away. If you can't check - treat anyway.

TREAT IMMEDIATELY: by eating 3 to 4 teaspoons of sugar or take 3 sweets or drink 150mls of sugary drink or a glass of milk

CHECK: your blood glucose level again after 15 minutes. If still low, treat again

If symptoms don't stop, call your health care provider.



WESTERN AUSTRALIA
HEALTH CARE PROVIDERS
ACTING WITHOUT BORDERS

WHAT IS HYPOGLYCAEMIA?

DM patients on treatment are at risk of developing low blood sugar (hypoglycaemia). The risk is particularly higher in patients on insulin and tablets such as Glibenclamide. All DM patients must be aware of signs and symptoms of hypoglycaemia (often referred to simply as “hypo”) and how to manage it at home as an emergency. (see also section on insulin)

Signs of Hypoglycaemia:

- Feeling faint or weak
- Sweating
- Trembling/shaking
- Feeling irritable and/or confused
- Dizziness or light headedness
- Hunger

WHAT SHOULD I DO WHEN I EXPERIENCE SIGNS OF LOW BLOOD SUGAR?

If you have a glucometer (blood sugar testing machine), test your blood sugar immediately. If the blood sugar is less than 3.9mmol/litre, take the following steps:

- Take 3 to 4 teaspoons of sugar immediately
- Repeat the blood sugar test after 15 to 20 minutes of taking sugar.
- If blood sugar has risen to above 3.9mmol/litre, take a protein meal for sustained energy requirements.
- If your blood sugar fails to rise above 3.9 after 20 minutes of taking sugar, go to the clinic or hospital immediately.

If you do not have a glucometer (blood sugar testing machine),

- take 3 to 4 teaspoons of sugar immediately and visit your clinic or hospital without delay.

! CHECK YOUR
BLOOD SUGAR



DIABETIC FOOT

WHAT IS DIABETIC FOOT?

Over time, diabetes that is not carefully managed can lead to foot complications. You have an increased risk of developing foot problems if you:

- Have had a foot ulcer in the past
- Have nerve damage (numbness of feet)
- Have any foot deformities
- Have poor blood circulation to the feet

These foot problems if not promptly addressed may lead to severe disease requiring many days of admission. DM foot complications also lead to amputations.

The risk of this can be reduced by observing foot care/ foot ware practices as illustrated below.



Foot Care Practices



Keep your feet clean and dry...



...especially in between your toes



Check the soles of your feet regularly or ask someone to do it for you



Never put your feet near open heat



Never use sharp objects on your feet



Get help from your clinic or doctor

Foot Ware Practices



Avoid wearing tight socks



Wear comfortable flat shoes with socks



Avoid wearing high heels



Avoid wearing high boots without socks



Never walk barefoot

**CHRONIC
KIDNEY
DISEASE**

WHAT IS CHRONIC KIDNEY DISEASE?

We all have two kidneys responsible for filtering our blood and removing waste and excess salt and water, which are excreted as urine. Chronic kidney disease (CKD) is when the kidneys stop working well. This is usually a slow process but in time, the kidneys can stop working completely. While there are a number of other causes of CKD, it is important to remember that DM can cause CKD, as well as worsen existing CKD.

WHAT ARE THE SYMPTOMS OF CKD?

At first, CKD causes no symptoms. As the disease gets worse, it can:

- Make your feet, ankles, or legs swell (oedema)
- Give you high blood pressure
- Make you very tired
- Damage your bones

WHAT CAN I DO TO PREVENT OR KEEP MY KIDNEYS FROM GETTING WORSE IF I HAVE CKD?

You can protect your kidneys by:

- Adhering to your medicines for chronic conditions (BP, DM, HIV, and Heart Disease) every day as prescribed
- Keeping your blood sugar in a healthy range as advised by your health care worker
- Eating a healthy diet
- Quitting smoking
- Losing weight, if overweight or obese
- Avoiding medicines known as “nonsteroidal anti-inflammatory drugs,” or (NSAIDs) e.g. ibuprofen, diclofenac, indomethacin, celecoxib

WHAT ARE THE TREATMENTS FOR CKD?

Your health care provider will monitor your kidney function annually by taking a blood sample known as a creatinine clearance test. They will use these results to advise you on how best to look after your kidneys. This may range from

- Adhere to your prescribed medications
- Eat a particular diet
- Take certain medications
- Dialysis
- Kidney transplant

Treat your kidneys well!



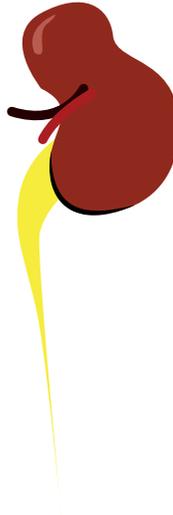
Lack of exercise is bad for it



Please drink lots of water



Some medicines and herbs can be harmful



Uncontrolled blood pressure stresses it



An unhealthy diet and obesity weaken it

DIABETIC RETINOPATHY

WHAT IS DIABETIC RETINOPATHY?

Diabetic retinopathy is an eye problem that can lead to vision loss and even blindness. It affects people with diabetes. It is most common in people who do not control their blood sugar well.

WHAT ARE THE SYMPTOMS OF DIABETIC RETINOPATHY?

Most people with diabetic retinopathy have no symptoms until the disease is very advanced. By then, it is usually too late to do anything about the vision loss. That's why it is important to get screened for the condition early. That way, doctors can take steps to protect your eyes before your vision is damaged.

WHEN SYMPTOMS START, THEY CAN INCLUDE:

- Blurry vision
- Dark or floating spots
- Trouble seeing things that are at the center of your focus when reading or driving
- Trouble distinguishing colours

SHOULD I SEE A DOCTOR OR NURSE?

- If you notice any vision loss (or dark spots in your vision), see an eye doctor as soon as possible

CAN DIABETIC RETINOPATHY BE PREVENTED?

Yes. If you have diabetes, you can reduce your chances of getting diabetic retinopathy by keeping your blood sugar and blood pressure levels as close to normal as possible. It might also be important to keep cholesterol levels in the normal range.



HYPERTENSION (HTN)

WHAT IS HYPERTENSION (HTN)?

Hypertension or HTN is the medical term for high blood pressure.

Blood pressure (BP) is the force of blood against the walls of blood vessels

BP rises and falls throughout the day. When it stays elevated over time, it's called high blood pressure. A BP level of 140/90 mmHg or higher is considered high.

Hypertension is a chronic condition such as HIV and diabetes and commonly occurs in patients with DM.

RISK FACTORS STRONGLY ASSOCIATED WITH HTN

Living with Diabetes (6 out of 10 DM patients have hypertension)

Advancing age

Obesity and weight gain

Family history of HTN

Race – common in black people

High-salt intake

Excessive alcohol consumption

Physical inactivity

HIV

SYMPTOMS OF HYPERTENSION

Most patients with HTN have no symptoms

Symptoms are defined by the extent of the target-organ damage (heart, kidney, brain, arterial blood-vessels)

- Feeling short of breath
- Chest pain
- Palpitations
- Headache
- Dizziness
- Signs of stroke
- Blurred vision

LIVING WITH DM AND HYPERTENSION.

Tips (see also section on living with DM)

Have your BP checked at least once every three months/
clinical visit AND acted upon.

Maintain your BP controlled below 140/90

Adhere to all your prescribed medications even though they
may be many

Adhere to appointment dates

Never default medicines

Avoid herbal medicines

When stressed, seek counseling services

COMPLICATIONS OF HTN

High BP usually has no symptoms, but is one of the biggest
causes of stroke, heart attack heart failure, CKD ...Silent killer

MANAGEMENT

Hypertension is controlled through lifestyle changes (see
living with DM) and specific HTN medications. Your health
care provider will advise accordingly.





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