

Diabetes Study Guide

1. Foundations of Diabetes

Understand differences between Type 1 and Type 2 diabetes
Know diagnostic criteria for Metabolic Syndrome
Interpret Hemoglobin A1C values and targets

2. Glycemic Control & Monitoring

Review blood glucose monitoring techniques and timing
Recognize symptoms and treatment of hypoglycemia
Understand hyperglycemia management and sick day rules
Apply sliding scale insulin protocols

3. Pharmacologic Management

Identify types of insulin and their timing
Understand basal-bolus therapy and insulin pumps
Review oral medications: metformin, sulfonylureas, DPP-4 inhibitors, TZDs
Know medication interactions (e.g., beta-blockers, ACE inhibitors)

4. Complications of Diabetes

Differentiate DKA and HHS symptoms
Recognize chronic complications: neuropathy, nephropathy, retinopathy
Understanding foot ulcer characteristics and prevention
Review periodontal disease risks

5. Patient Education & Self-Management

Plan nutrition and exercise strategies
Apply sick day rules
Practice proper foot care
Address misconceptions and promote glycemic control

6. Case-Based Clinical Reasoning

Prioritize urgent symptoms and abnormal labs
Coordinate insulin with meals
Plan discharge education and referrals