

Diabetes Case Conference

July 25, 2014

- ❖ Patient: R. B referred by the endocrinologist for insulin compliance and diabetes education
- ❖ 69 year old male, **A1c 9.4** , Height 6'0", Weight 363 lbs
- ❖ Problem List: **DM uncontrolled with polyneuropathy**, Osteoarthritis, OSA, HTN, H/O Polycythemia Vera, Obesity, Peptic Ulcer Disease, Atrial Fibrillation, Cardiomegaly, Chronic pain disorder, Lumbar radiculopathy, Sepsis, Abscess of toe, Cellulitis, DVT, Left homonymous hemianopsia, Vitamin D deficiency
- ❖ Medications: **Lantus 65 units at bedtime, Humalog Kwikpen 24 units 3 times a day with meals, Metformin 1000mg twice a day with meals**, Albuterol, Aspirin, Lipitor, Zyrtec, Cleocin, Lortrisone (topical cream), Desowen (topical cream), Nexium, Fentanyl (patch), Toviaz, Allegra, Flonase, Lasix, Lisinopril, Antivert, Toprol XL, Percocet, K-Dur, Mirapex, Lyrica, Neuropro (patch), Theragra- M, Kenalog (topical cream), Ambien
- ❖ Allergies: Morphine, Toradal, Stadol
- ❖ No changes made to his medications at last visit by endocrinologist due to the patient not taking the prescribed amount consistently. Patient reports he misses lunch time insulin almost every day. At visit pre-tibial ulcer was noted and antibiotics were prescribed, he was instructed to follow up with PCP regarding this issue.
- ❖ **Health coach visit- topics of discussion**
 - Barriers to taking insulin
 - Strategies to increase compliance
 - Diet- Country boy loves his country food and sweet tea
 - Tips for improving-small changes