

Diabetes Case Study: Older Adult

A 65 year old Hispanic male Mr. M. was referred by the Dental clinic because of early evidence of periodontal disease. The patient has family history of Type 2 Diabetes (T2D) and history of caring for his diabetic grandfather for many years. He described himself as an expert in diabetes because of the years of caring for his ailing diabetic grandfather.

During the health history, he complained of symptoms of hyperglycemia: fatigue, thirst, and weight loss. On physical exam, his blood pressure was 160/95, BMI of 31, random blood sugar of 332 mg/dl, and HgbA1c > 13%.

He was diagnosed with T2D and obesity. He was started on Metformin twice a day and was counseled on diet and physical activity. The patient was referred back to dentistry for continued periodontal care in light of his new diagnosis of T2D.

What is the follow-up nursing primary care action plan for Mr. M.?

What are the 3 months follow-up outcomes?

Remember:

- Oral Health History
- Physical Health Exam
- Oral-Systemic Risk Assessment
- Action Plan
- Preventive Interventions
- Interventions
- Collaboration
- Referrals