

SELF-MONITORING RECOMMENDATIONS FOR YOUR DIABETES PATIENT

Source: EADV/NDF Self-Monitoring Guideline 2012



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Recommendations Guideline

FROM INDICATION STATEMENT TO IMPLEMENTATION A multidisciplinary guideline about self-monitoring of blood glucose values by people with diabetes

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1. There is no evidence that self-monitoring in people with type 2 diabetes without insulin therapy leads in general to improvement of clinically relevant outcomes.

Self-monitoring can be worthwhile for people with type 2 diabetes without insulin therapy in situations where, in consultation with the diabetes practitioner, it is desirable to gain insight into the blood glucose values.

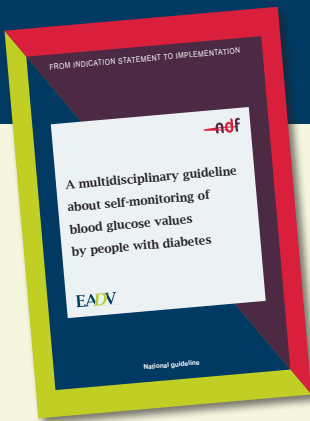
2. For people with type 2 diabetes with once or twice daily insulin injection therapy, self-monitoring with conditions is considered worthwhile. Agreements with respect to self-monitoring must be recorded and evaluated in a care plan prepared jointly by patient and care provider. The patient's individual goal, established in discussion with the practitioner, must be determining for the number of measurements and the times when these are done.

3. For people with diabetes with an intensive insulin programme of three or more injections per day or insulin pump therapy, targeted self-monitoring with an average of four to five times a day is to be recommended. Here, self-management is vital.

4. Structured education is an essential part of diabetes care and must be offered to all people with diabetes, in any event at the time the diagnosis is made.

Conditions: education must link up with the individual needs and goals of the diabetes patient and be clear to understand. It must be available locally and be integrated into the conventional care. Education programmes are preferably evidence-based and should be evaluated. The NDF Standard of Care serves as basis for the content.

5. As a follow-on to the NVKC-KNMP-NVZA Guideline, the workgroup recommends giving individual instruction at the start of self-monitoring and to repeat it annually.



Please also consult
www.eadv.nl
for the full-text guideline

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