

TREATMENT

- Oral medication
 - Insulin tablets
 - Insulin injections
 - Insulin and oral combination

Self management:

- Exercise
- Diet
- Glucose Monitoring

Combined:

- Diet plus oral hypoglycaemic agents
- Diet plus insulin
- Diet, insulin and Pills

TYPE 2 DIABETES

INDIVIDUAL CHARACTERISTICS

- Age
- Gender
- Ethnicity
- Culture

SYMPTOMS

- Drowsiness ●
- Tiredness ●■
- Weakness (●)
- Headaches
- Dizziness
- Mouth problems
- Pain ●■◆▲■
- Body aches ●
- Physical discomfort ●■◆▲▲

SIGNS

- Excessive thirst
- Excessive /frequent urinating
- Incontinence ●
- Sweating
- Hot
- Hunger
- Lack of energy ●■
- High blood sugar
- Overweight

COMPLICATIONS AND COMORBIDITIES

- Peripheral neuropathy ◆▲■◆■
- Strokes
- Kidney problems
- Cardiovascular
 - Hypertension
 - Hypercholesterolemia
- Impotence ●
- Retinopathy ●▲◆
- Hypoglycemia ●■

EXTERNAL FACTORS

- Stressful events
- Health care providers
- Provision of information
- Family environment/stress
- Economic issues
- Environment
- Diagnosis
- Coping

Key:

- = 15D
- = EQ-5D
- ◆ = HU12
- ▲ = HU13
- = SF-6D

