

SFHDiabTT02

Assess individuals with symptom of diabetes and make a diagnosis



Overview

This standard covers assessing adults who have symptoms of diabetes and making a diagnosis. The diabetes may be Type 1, Type 2, diabetes secondary to another condition, or gestational diabetes. The individual, or their companions, may suspect they have diabetes, and request an assessment, or they may have been advised to seek an examination by another healthcare practitioner. The individual in this case is not acutely ill or requiring critical care.

Users of this standard will need to ensure that practice reflects up to date information and policies.

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Performance criteria

You must be able to:

- P1 ask the individual to explain their condition in their own words, if possible, or obtain the story from any person accompanying the individual
- P2 respect the individual's privacy, dignity, wishes and beliefs
- P3 ask appropriate questions that will enable you to assess whether the individual is experiencing symptoms of diabetes
- P4 minimise any unnecessary discomfort and encourage the individual's full participation in the assessment
- P5 obtain/confirm the individual's and their family's relevant medical history and the individual's recent and past medications
- P6 carry out baseline observations and diagnostic tests relevant to confirming the presence of diabetes
- P7 make a justifiable assessment, based on the individual's responses, baseline observations and tests and other medical conditions, whether to refer them for further investigations
- P8 arrange further investigations, if required, following national, local and organisational guidelines and protocols
- P9 explain to the individual why you are arranging further investigations, if any, what can be expected to happen and the expected timescales and possible implications of normal and abnormal results
- P10 provide opportunities for the individual to ask questions and increase their understanding of diabetes
- P11 assess how the individual is feeling and provide reassurance where appropriate
- P12 interpret all the evidence available and make a justifiable assessment of
 - P12.1 whether the individual has diabetes
 - P12.2 the individual's type of diabetes
 - P12.3 the implications of other medical conditions the individual may have
 - P12.4 the individual's related needs
 - P12.5 risks to the individual's health and well being in the short and longer term
- P13 consult with colleagues, or seek advice from others who are able to assist, where you are unable or unsure of how to interpret the information you have gathered
- P14 consider who is the most appropriate person to confirm the diagnosis with the individual, according to local protocols
- P15 make a full, accurate and clear record of the information obtained, results of baseline observations and tests, and agreed follow-up action

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Knowledge and understanding

You need to know and understand:

- K1 national guidelines on diabetes management, education and service delivery
- K2 theories of causes of diabetes
- K3 signs and symptoms of diabetes and impaired glucose regulation, including WHO criteria for diagnosis
- K4 normal and abnormal blood glucose, HbA1c and ketones values
- K5 how to monitor glucose levels, HbA1c, blood pressure
- K6 the importance and effects of patient education and self management
- K7 the psychological impact of diabetes, at diagnosis and in the long term
- K8 how to gather information from patients about their health
- K9 how to work in partnership with patients and carers
- K10 the social, cultural and economic background of the patient/carer group
- K11 the impact of nutrition, particularly carbohydrates, on diabetes
- K12 the impact of physical activity on diabetes
- K13 the effects of smoking, alcohol and illicit drugs
- K14 the effects of, and how to manage, intercurrent illness
- K15 the use of insulin to manage diabetes
- K16 other medications used to manage diabetes
- K17 the long term complications of diabetes and when they are likely to occur
- K18 how to examine feet and assess risk status
- K19 how to monitor cardiovascular risk
- K20 how to monitor for renal disease
- K21 how to monitor for diabetic retinopathy
- K22 relevant professional guidelines, standards and codes of professional conduct
- K23 the law and good practice guidelines on consent
- K24 your role in the healthcare team and the role of others
- K25 local guidelines on diabetes healthcare
- K26 local referral pathways
- K27 local systems for recording patient information
- K28 audit and quality assurance systems
- K29 sources of practitioner and patient information on diabetes
- K30 contact details of local and national support groups

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Additional Information

External Links

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB6 Assessment and Treatment Planning

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