

3.17 Care of People with Metabolic Problems - Pre-diabetes

Lucy 52 sees you with the results of some blood tests. Her HbA1c is 45. She is a smoker and is overweight. Her blood pressure is OK.

Elicit: What might the blood test say, do you think?

Lucy: I hope it's not bad news.

Provide: Well, I guess I have some good news and some bad news.

The bad news is that you have pre-diabetes (impaired glucose tolerance). This is a warning shot to say that you are prone to diabetes. The good news is that we can make changes to your lifestyle to prevent you getting diabetes.

Elicit: What do you think?

Lucy: So we've caught it in time? I don't want to end up like my mum with her diabetes. What next doctor?

Provide: Our team need to help you to lose weight by working with you on your diet and activity levels. Our nursing team can also help you to quit smoking. Smoking and diabetes are dangerous to your blood vessels, and put you at a high risk of heart attacks and strokes. I'd like to prevent you ending up like your mum. Can I give you any more information today? (Perhaps a website address?)