Newly Diagnosed Type 1 Diabetes – Adults

Disclaimer

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Red Flags

- Rapid or laboured (Kussmaul) breathing.
- Vomiting.
- Dehydration.
- Altered conscious state

Assessment

1. Suspect Type 1 diabetes if random blood glucose level (BGL) > 11.1 mmol/L and one or more of the following are present:
   - > 5% unintentional weight loss over < 4 weeks.
   - Family or individual history of other autoimmune disease.
   - Ketonuria or ketonemia.
   - Dehydration with tachypnoea suggesting acidosis e.g., Kussmaul breathing.

2. Ask about:
   - Weight loss
   - Polydipsia and polyuria
   - Fatigue, weakness
   - Vomiting
   - Hunger
   - Blurred vision
   - Recent stress or surgery
   - Intercurrent illness e.g., URTI, UTI, vaginal thrush, gastroenteritis

3. Assess:
   - Hydration status
   - Weight
   - Tachypnoea
   - BGL
   - Ketonuria or ketonemia

Management

1. Refer to specialist care for management advice, as below.
2. Arrange general practitioner follow up for subsequent monitoring and education.

Referral

- Arrange immediate diabetes referral or admission if:
  - Diabetic ketoacidosis or suspected diabetic ketoacidosis e.g., abdominal pain, dehydration, confusion, nausea and vomiting.
  - Hyperosmolar hyperglycemic state.
  - Diabetes and severe vomiting.
  - Acute, severe hyperglycaemia.
  - Acute, severe hypoglycaemia.
  - Suspected Charcot’s neuroarthropathy e.g., unilateral, red, hot, swollen, possibly aching foot.
  - Foot ulceration with absent pulses.
• If hyperglycemia without ketonuria or blood ketones <1.5 mmol, arrange urgent diabetes assessment review within 48 hours.

• Contact the endocrinology registrar to arrange an urgent endocrinology assessment for:
  o new diagnosis of type 1 diabetes.
  o pregnant woman with known diabetes.
  o recent, resolved hypoglycaemia episode resulting in unconsciousness.

Information

For health professionals

Further information

Australian Diabetes Society – National Evidence-based Guidelines for Management of Type 1 Diabetes in Children, Adolescents and Adults

For patients

• Baker Institute – FlexIT self-management program
• Diabetes Victoria:
  o Newly Diagnosed with Type 1 Diabetes
  o OzDAFNE self-management program
  o Type 1 Diabetes
• NDSS – Multicultural Diabetes Portal

Disclaimer

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