

WHAT TO EXPECT WHILE YOU ARE IN THE HOSPITAL

Learn about diabetes

1. How common is it?
2. Glucose, insulin, hemoglobin A1c
3. Types of diabetes

Practice diabetes survival skills

1. Check glucoses
2. Draw up and measure insulin
3. Estimate insulin dose using carbohydrate ratio and correction factor to give before meals
4. Treat low sugars
5. Treat high sugars
6. Check ketones

Arrange a plan for home

- Call clinic 608-263-6420 in **~3 days** to review glucoses (non-urgent calls expect call-back within 24 hrs)
- **Follow up appointments:**
 - 2 weeks with Learning Center
 - 4-6 weeks with mid-level provider
 - 3 months with diabetes physician

While you are here, we will check blood tests for

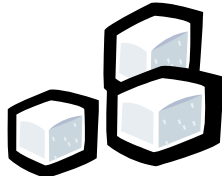
1. Conditions that are more common in kids with diabetes (thyroid, celiac).
2. Antibodies – at least 1 antibody is positive in 90% of kids with type 1 diabetes. These tests usually come back after you are already home.

LEARN ABOUT DIABETES*

*Find out more at uwhealthkids.org/type1diabetes

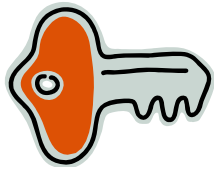
How common is type 1 diabetes? About 1 in 300 kids have type 1 diabetes.

What are glucose and insulin?



glucose = **sugar** or any carbohydrate: important for giving body energy.

Giving more glucose brings blood sugars UP.



insulin = **a key**: important for getting access to the energy from glucose.

Giving insulin brings blood sugars DOWN.

“Insulin opens the door to let the glucose into cells.”

What is the hemoglobin A1c blood test?

Hemoglobin A1c (**HbA1c**) = reflects the average blood sugar over the last 2-3 months.

For example: **5%** → average of 90mg/dl, **6%** → 120mg/dl, **7%** → 150mg/dl, **8%** → 180mg/dl, etc.

Types of diabetes – both are insulin problems

Type 1 DM: keys are missing because pancreas stopped making them (insulin deficiency)

Type 2 DM: keys are crooked (insulin resistance), so body makes more to compensate