Hypoglycemia Prevention

**Previous hypoglycemia**

1. Why is it Important to Individualize Glycemic Goals?
   - Right control of blood glucose may increase the incidence of hypoglycemia. Additionally, not all patients recognize and report symptoms.
   - Risk factors for hypoglycemia should be taken into consideration when considering glycemic targets.

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3. Individualizing A1C Goals
   - Discuss patient goals and preferences
   - Help support and encourage a team-based approach to care
   - Acknowledge the patient as the expert
   - Support and encourage the patient to make decisions that are right for them

4. What else can you do to support your patients?
   - Ask about low blood glucose symptoms at every visit
   - Review medication regimen at every visit
   - Help support and encourage a team-based approach to care
   - Acknowledge the patient as the expert
   - Discuss patient goals and preferences

5. What is the role of the nurse in diabetes care?
   - The nurse plays a crucial role in identifying and connecting patients to community resources (e.g., housing, education, financial) and engaging in social services when necessary.

6. Food Insecurity
   - In 1 in 7 U.S. households do not have adequate access to food.
   - Visits to the emergency department for hypoglycemia increased by 22%
   - Inadequate access to food is a significant risk factor for diabetes.

7. Social Environment
   - Social support and social connections are important for healthy aging.
   - Ask patients if there are changes in their social environment that may impact their health.

8. What else should you consider about your patients?
   - Food insecurity and social environment may impact glycemic control.
   - Individualize glycemic goals to reflect patient preferences and social circumstances.

9. ADDITIONAL RESOURCES
   - National Diabetes Education Program
   - National Diabetes Information Clearhouse
   - Veterans Affairs/DOD Guidelines on Glycemic Control

**References**

10. License legislation on reporting of severe hypoglycemia by patients with type 1 diabetes. Diabetes, Obesity and Metabolism, 14(7), 634-643.