

Diabetes Exam

History

- Name, age occupation

HPC

- Clarify any obvious complaint eg ulcer
- **Metabolic symptoms:**
 - Polyuria/polydipsia
 - Weight loss
 - Weakness
 - Hypervent, abdo pain, vomiting, diarrhoea
 - Blurred vision
- **Non-metabolic symptoms:**
 - Parathesia
 - Numbness
 - Intermittent claudication
 - Infections
 - impotence
- **Diabetic Hx & control:**
 - 1st diagnosed: where, by whom
 - What meds you use
 - How controlled are your BMs
↳do you keep a record?
 - How monitor? How often?
 - Any hypos? Any coma

Diabetic Complications Review

- Macrovascular:
 - MI
 - Stroke
 - PVD
- Microvascular:
 - Hypertension
 - Kidney
 - Eye
- Neuropathy:
 - Glove & stocking sensory loss
 - Mononeuritis multiplex (involvement of >2 periph nerves)
 - Autonomic neuropathy
 - ↳other causes (WARDS PLC):
 - Wegeners
 - Amyloidosis
 - Rheumatoid
 - DM
 - Sarcoid
 - PAN
 - Leprosy
 - Ca
 - post hypotension
 - diarrhoea @night
 - impotence
 - urine retention
 - Amyotrophy
 - = bilateral quad pain
 - weight loss
 - type II
- Eyes:
 - Cataracts
 - Visual changes
- Foot:
 - Ulcers
 - Skin infections

PMH

- Anything not already asked
- Autoimmune?
 - ?thyroid
 - ?addisons
 - ?pernicious anaemia
- Kidney? – “have you been told you have microalbuminaemia?”

RFs

- BP
- Smoking
- Cholesterol

DH

- Any other meds?
 - ↳ Should already know DM med regime

SH

- Home life
- Education
- Effect work life?
- **!!Triple diagnosis!!**

Examination**Inspection**

- look at all injection sites
- LL:
 - Skin:
 - Colour
 - Atrophy
 - Oedema
 - Arterial changes
 - Venous changes
 - Pigmental scars
 - Ulcers:
 - Site, edge, base
 - Look everywhere: shin, between toes, pressure points
 - ↳ lift leg up and look for ulcers
 - **Bony deformity** – eg **Charcot joint** – clinical & Xray
 - ↳ = lost sensn. ∴ joint destroyed by too great ROM ⇒ swollen & hypermobile
 - **Infection** – swab, blood culture, X ray

CVS Exam

- quick

Neuro Exam

- **Myotomes**
- **Relfexs**
- **Sensation**: Examine for dorsal column loss:
 - **Light touch**
 - **Vibration sense**
 - **proprioception**

Other

- **check all Pulses** ?AF
- **BP**

- **Periph vascular** exam
- Offer to look in eyes:
 - **Background changes:**
 - Micro-aneurysms
 - Blot & dot haemorrhages
 - Venous dilation
 - Hard exudates
 - Soft exudates
 - **Proliferative:**
 - New vessel formation
- Offer to examine neck ie for bruits
- Offer examine heart