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
    - 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 regieme

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
- Reflexes
- 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