

CASE STUDY - Diabetes mellitus

Patient: Adele, *1943, is complaining about long term belly ache, nausea, frequent but not regular diarrhoea.

She wants to buy Endiaron (Chloroxin) which she usually uses against the diarrhoea. She is asking you for a medicine against belly ache and nausea.

Drug history:

- Glucobay 100 1-1-1
- Agen 5 1-0-0
- Indomethacin supp. 100 mg according to her need
- Glyvenol 1-1-0

Tasks:

1. Describe diabetes mellitus II, its incidence (how is it developing during the years and what can be the reason for the increase of number of patients with DM II), risk factors (what can lead to DM II?).
2. What are the treatment options for DM II? Name all the groups of medicines.
3. Perform an analysis of prescription drugs, give active substance classification according to ATC classification, a brief mechanism of action of individual medicine, check the dosage and method of use (morning / evening, before / after meals, etc.)
4. What are the risks of the treatment, ADR, interactions?
5. Advise her how to use the medicines (patient counselling).
6. What are all later complications of DM II (e.g. sight impairment, diabetic foot)?
7. Suggest her change of lifestyle, food, give her recommendations. What are the major nutrition recommendations for patients with DM II? What type of sport activity would you recommend her? What are the psychosomatic problems linked with DM II?