

A 60 year old female, known T2DM and HPT presents to you for a follow up appointment at PHC. She is currently on HCTZ for her HPT and is on Metformin 850mg TDS and Glimeperide 4mg daily. On arrival BP is 147/85 HR 88 HGT 12. Last blood was taken 1 year ago.

- 1) What questions could you ask the patient at this visit?
- 2) What routine monitoring/ investigations would you do for the patient at this current visit?

The patient states that she didn't take her medication for the last 2 days as she ran out but insists compliance and lifestyle modifications. You decide to do the relevant investigations and tell her to come back in 1 month for results. On her return visit her BP is 140/82, HR 90, HGT 14. HBA1C is 10%, Urea and Creat normal. You decide to initiate her on Insulin therapy.

- 3) What advice around insulin therapy would you give the patient?
- 4) What patient education around DM would you give her?

2 days later you are working in casualty at your PHC when someone runs into casualty pushing an unconscious patient in a wheelchair. You recognise the patient as the same lady who you initiated insulin therapy on 2 days prior. You do vitals and assess the patient and a HGT. BP 130/72, HR 113, HGT 1.2, GCS 9/15

What do you think has happened and what do you do next?