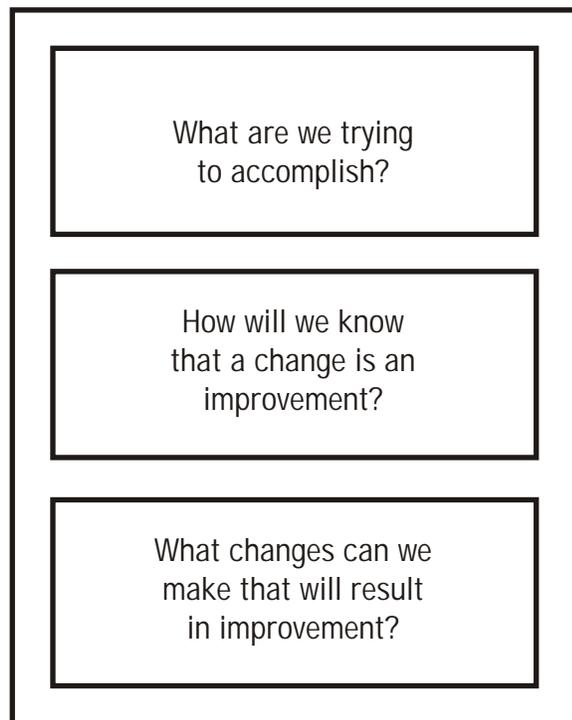


## Diabetes Management Cycle #1



### Plan

Select an initial diabetes treatment regimen.

### Do

Teach the patient to implement the regimen and to monitor their blood glucose values.

### Study

Review the patient's HMBG values at follow up clinic visits.

1. Note where values have improved.
2. Note where values fall outside of the desired range.

Review the follow up A1C value.

Note: change in the value compared to the baseline value.

### Act

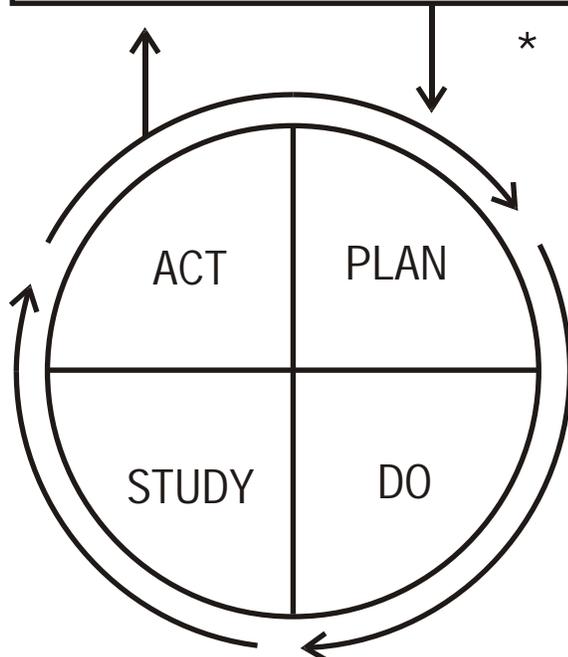
Based on results of the HMBG values adjust the treatment regimen to:

1. Maintain the improvement over the baseline values.
2. Obtain further improvement in glycemc control.

Evaluate how to adjust the treatment regimen

1. Change in meal plan.
2. Change in physical activity.
3. Change in the medication/insulin regimen.

Select a single intervention and test it through another PDSA-cycle.



\* Langley GJ, Nolan KM, Nolan TW. The foundation of improvement. Silver Spring, MD: API Publishing, 1992.