Treatment Protocol for Diabetes Mellitus

Screen all individuals of age above 30 years
- Assess habits – Tobacco use, Alcohol use, Diet and Exercise
- Check height, weight and calculate BMI
- Check BP and RBS

If RBS < 200 mg%
- Reassess when develops diabetic symptoms or every 2 years

If RBS > 200 mg%
- Check FBS and PPBS

If FBS ≤ 126 mg% and PPBS < 200 mg%
- Advise LSM
  - If BMI < 23 & no high risk behaviour reassess every 6 months

If FBS > 126 mg% and or PPBS > 200 mg%
- Advise LSM and refer to MO
  - If BMI > 23 or have high risk behaviour reassess every 3 months
    - Tab Metformin 500 mg OD or BID
      - Reassess monthly and may increase up to 2000 mg per day in 2 divided doses
      - Monitor abnormal value monthly

LSM
Life Style Modification
- Restrict sugar and sweets
- Restrict fatty and fried foods
- Increase fibre rich food (leafy vegetables)
- Substitute as much starch (rice, wheat, tubers) with vegetables
- Brisk walking for 20 – 30 min
  - 5 to 6 days a week
  - 5 minutes warm up
  - 5 minutes cool down
- Avoid tobacco & alcohol use

If no complication recheck after one month
- If not under control add one second drug
  1. Glibenclamide 2.5 mg to 10 mg
  2. Glypizide 2.5 mg to 5 mg BID
  3. Glimepride 1 mg to 4 mg
- If under control continue and reassess every 3 months

If complications
1. Foot ulcer
2. Nephropathy
3. Retinopathy
4. Neuropathy
5. Sepsis
- Refer to Physician

If not under control refer to Hospital / Physician to start Insulin

BMI
18.5-22.9: Normal
23.0-24.9: Overweight
>25.0: Obese

State NCD Division
Government of Kerala