



# Pharmaceutical Care

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## Targets for Glycemic Control

- HbA1C < %7
- Fasting blood glucose 80-130 mg/dL



## Insulin Treatment Recommendations

- Tip 1 diabetes 0.4-1.0 IU / kg / d
- Tip 2 diabetes 0,3-1,2 IU / kg / d



## Patient Education

- Complications
- Hyperglycemia
- Ketoacidosis
- Exercise
- Diet
- Insulin use



## **Self Monitoring of Blood Glucose**

- It should be done 3-4 times a day
- An integral part of the treatment
- Used to achieve glycemic goals



## Symptoms of Hyper and Hypoglycemia

- A few examples for hypoglycaemia
- Shaking
- Anxiety
- Feeling of hunger
- A few examples for hyperglycaemia
- Excessive urination
- Increased appetite
- Drinking too much water



# Blood Glucose Values

Before breakfast	After breakfast	Before lunch	After lunch	Before dinner	After dinner	Bed-time
						120
180						100
162						90
135						130

Increasing at night

## Blood Glucose Values

Kahvaltı öncesi	Kahvaltı sonrası	Öğlen yemeği öncesi	Öğlen yemeği sonrası	Akşam yemeği öncesi	Akşam yemeği sonrası	Uyku zamanı
						120
106	122	100	130	120	130	100
110	170	160	165	120	140	90
107	130	140	144	130	135	130

Increasing after meals





## Metformin

- Weight
  - Hypoglycemia
  - Macrovascular event
  - Microvascular event
  - B12
  - Mortality
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