

Chief Complain: increased thirst	
Questions	Indications
1- Has there been any recent weight loss?	
2- Have you noticed an increased appetite lately?	
3- Have you been urinating more than usual?	ask about the amount, character, color, smell, nocturia, lower urinary tract symptoms (LUTS)
4- Have you been feeling tired lately?	
5- Have you had blurred vision?	
6- Do you have recurrent infections?	
7- Do you have sores that don't heal?	
8- do you have numbness and tingling sensation?	
Predisposing factors:	
Have you had any viral infections recently?	Type 1 DM
Obesity, lack of physical activity and poor diet, smoking	Type 2 DM
Medication	Thiazides, Statins can predispose to diabetes
Family history:	
<ul style="list-style-type: none"> Are there any family members with insulin-dependent diabetes mellitus? 	Type 1 DM

<ul style="list-style-type: none"> • Are there any family members with autoimmune conditions? 	
<ul style="list-style-type: none"> • Does your mother or father have diabetes? • Are there any other family members with diabetes? (grandparents, aunts, uncles, brothers, sisters, etc.) 	Type 2 DM

Differential diagnosis

- DM types 1 and 2
- Diabetes insipidus
- Urinary tract infection
- Secondary diabetes
- Maturity-onset diabetes of the young

Investigation

Type 1	Type 2
<p>Diagnosis is made based upon:</p> <ul style="list-style-type: none"> ○ Classical type 1 diabetes symptoms – weight loss, ketoacidosis, polyuria, polydipsia etc ○ Hyperglycaemia – (fasting glucose >7 mmol/L) or (random glucose >11.1 mmol/L) <p>Ketones – can be checked to assess if patient has ketoacidosis</p> <p>Antibodies – shouldn't be used for diagnosis but may be helpful in differentiating type 1 & type 2</p>	<p>Symptoms of type 2 diabetes as well as one of the following:</p> <ul style="list-style-type: none"> ○ Fasting glucose ≥ 7mmol/L ○ Random glucose ≥ 11.1mmol/L ○ Oral Glucose Tolerance Test ≥ 11.1mmol/L <p>If no symptoms present raised glucose should be demonstrated on 2 occasions</p>

Management

Type 1	Type 2
All patients with type 1 diabetes require insulin replacement therapy	<ul style="list-style-type: none">✓ Lifestyle Changes✓ Metformin (biguanides)✓ Sulfonylureas✓ Thiazolidinediones ✓ Insulin

Complications

- Diabetic nephropathy
- Diabetic retinopathy
- Diabetic neuropathy
- Diabetic foot

Helpful link:

Here are question to ask person with diabetes (If the diagnosis was made)

[https://en.wikiversity.org/wiki/Diabetic_History_\(OSCE\)](https://en.wikiversity.org/wiki/Diabetic_History_(OSCE))