

ELECTIVE (SSC5c) REPORT (1200 words)

A report that addresses the above four objectives should be written below. Your Elective supervisor will assess this.

Whilst on my elective I found the population of East London to be main driving factor behind the diabetes rates. The UK national average for diabetes currently at 7.4% and that of Newham is 9.9%. The vast majority of these cases in Newham are type 2. The high rates of diabetes are mostly due to the large south east asian population whom are genetically more susceptible to becoming diabetic. Other contributing factors to the rates of diabetes in east London are the sedentary lifestyle and the dietary intake which in the south east asian population is more fatty and oily. From my experience in East London I found the diabetes health provisions in the UK to be quite substantial. Whilst the emergency treatment of diabetes and its more severe complications are handled in hospital as expected, the vast majority of its actual management takes place in the community. This involves dieticians, occupational therapists, General Practitioners and specialised diabetes nurses just to name a few. All of the many provisions closely interact so as to provide optimal care. I believe that during my elective I fully explored the many health implications of diabetes and how they are managed if not prevented. It is to state the obvious when saying that the best way to prevent the complications of diabetes is by closely controlling blood sugar levels. This is best done by regular monitoring and administration of insulin and/or oral hypoglycemics. When tight control of blood sugar levels are not achieved complications of diabetes will occur. These complications range from cardiac to renal and vascular problems which can severely debilitating and mortal. For this the use of other medications and dietary modification become important in mitigating the implications of diabetes.

I believe I am now able to instigate a management plan for someone with diabetes whether it be an emergency or routine. I participated in many ward rounds whilst on my elective which allowed me to learn and fully appreciate how the slightest tweek to a persons medication can be extremely beneficial in controlling their blood sugar.

I learned how important it is to titrate a person up or down to find the optimum dosage for them to be on. For example I learned how to adequately regulate a persons basal-bolus insulin regime to preven their blood sugars going to high overnight and early in the morning or even worse low.