# **SEARCH Diabetes Diagnosis and Treatment Algorithms**

# Diabetes Diagnosis Algorithm

Measure random blood sugar (RBS) or fasting blood sugar (FBS) in adults with:

- Hypertension
- Overweight/Obesity
- Family history of diabetes
- Frequent urination
- Unusual thirst
- · Weight loss
- Fatique
- Frequent infections
- Blurred vision
- Poor wound healing
- High alcohol consumption



## RBS >11 or FBS >7

Patient has Diabetes

RBS 11-22



## RBS >22

Call ART Coordinator or Refer patient to hospital

## Counseling

- Weight loss
- Low calorie diet
- Increase aerobic exercise
- Stop smoking
- Decrease alcohol consumption
- Education on complications such as neuropathy, ophthalmopathy, infections
- Drug adherence education
- Glucose monitoring



# **Treatment**

### Lifestyle changes

(per counseling)

+

#### Medication

(follow treatment algorithm)

# **Diabetes Treatment Algorithm**

## Initial medication regimen

### Metformin 500 mg daily

Follow-up in 2 weeks



### RBS < 8 not achieved?

### Metformin 500 mg BID

Follow-up in 2 weeks



### RBS < 8 not achieved?

### Metformin 500 mg TID

Follow-up in 2 weeks



### RBS < 8 not achieved?

Call ART Coordinator
or
Refer patient to the hospital

## Target Random Blood Sugar (RBS)

RBS < 8mmol/L

### TARGET RBS < 8 ACHIEVED?

Prescribe same treatment and followup every 3 months

### Measure RBS. BP & weight at each visit

### Medication Adherence:

Always check for drug adherence at each visit. Ask whether patient has taken medication on each of the last three days. Provide counseling if patient has missed any dose in the last three days.

### Medication Tolerability:

If patient is having **side effects**, call ART coordinator or refer patient to hospital