

# Standards of Treatment for Diabetes Mellitus

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## INTRODUCTION

The seven objectives of the presentation are:

- a) To define goals of therapy for diabetic patients.
- b) To bring out standard for follow up of cases of diabetes.
- c) To define nutritional parameters in diabetes care.
- d) To outline measures for achieving success in compliance.
- e) To indicate special situations requiring adjustments in therapeutic regimens.
- f) To rationalise ideal versus optimal indices of control of diabetes.
- g) To provide indications wherein a referral for a related speciality would be required.

Physicians caring for diabetes should evolve consensus on guidelines on which to target the treatment. In addition to clearly delineating the targets both patient and her/his physician should aim for, such parameters would as well provide the yardsticks for an internal audit.

Defined parameters will as well promote early referral for any impending emergency, treatment readjustment for metabolic instability and early detection of vascular or neurological complications of diabetes.

This presentation is a team effort and the participants are as follows:

Dr. V. Seshiah (Madras) – Goals of therapy  
Dr. Pankaj Shah (New Delhi) – IDDM

Dr. C Munichoodappa (Bangalore) – Indications for intensive therapy

Dr. S. S. Srikanta (Lucknow) – Standards of follow-up

Ms Indu Katyal (New Delhi) – Standards for nutritional care

Dr. M. M. S. Ahuja (New Delhi) – Management issues relating to diabetes status, sharing of care and compliance

Dr. S. S. Srikanta (Lucknow) – Suggested intervention strategy for early complications of Diabetes Mellitus

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