

# JUNE 2022 MONTHLY HBOT WEBINAR

## Diabetes Management for the Hyperbaric Patient

PRESENTED BY THE ST. MARY'S  
PROGRAM



[www.serenagroupinc.com](http://www.serenagroupinc.com)



# Policies and Procedures for Diabetes during HBO

- HBO Tech is to obtain Blood Glucose pre and post treatment.
- Pre-treatment minimum = 110 mg/dl unless otherwise determined by your facility or attending physician
- Pre-treatment maximum will be determined by the facility or attending physician and on a case-by-case basis, as it is medically indicated.
- Post-treatment minimum and maximum for discharge will be determined by the facility or attending physician on a case-by-case basis, as it is medically indicated. Generally, this will correlate to normal highs and lows. Critical highs and lows are not usually recommended for discharge by facilities.



# Identifying Hypoglycemia

- Excessive sweating
- Tiredness, lightheadedness
- Feeling dizzy and weak
- Being pale
- A sudden feeling of excess hunger
- Increased heart rate
- Blurred vision
- Confusion
- Irritable or nervous
- Convulsions/seizures
- Delirium
- Fainting
- Loss of consciousness



# Treating Hypoglycemia

- Every facility has their own policy for how they will treat hypoglycemia. This may be Juven, Glucerna, juice, crackers, sandwich, glucose tablets, oral glucose etc. Follow your hospital's protocol for treating hypoglycemia.



# Understanding your Patient

- Education - how do your patients know when their blood glucose levels are low?
- Diet - what are they eating and when?
- Exercise - are we moving?
- Family/interpersonal relationships - do they have a support system?

# Understanding Diet with Diabetes

- Have a conversation about what they eat on a daily basis
- What medications are they currently taking
- Portion sizes
- Fats, proteins, and hydration



# Moving the body and mind

- Exercise is not punishment
  - Every little bit of movement counts
  - Small steps making leaping bounds
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- Remember: many of these patients are supposed to be offloading so exercise may be difficult and require modification

# It takes a village

- Talking with family and friends about encouragement or just needing help
- Making lasting lifestyle changes
- Small steps make big changes
- As a member of the patient's care team, YOU are a part of this village





# Converse with your patient!

- Talk frequently about the benefits of managing your blood glucose, especially as it correlates to their wound healing.
- Educate them on foods that are good to have before HBOT. High protein! Leftover chicken > frosted flakes
- Managing Diabetes During HBOT flyer
- Facility resources: Nutrition Counseling, Diabetes Support Groups, Dieticians, etc.

QUIN

# Question 1

True or False

SerenaGroup policy regarding maximum blood glucose level before and after the dive is a “hard and fast” set rule with no wiggle room.



# Answer 1

- False, each patient has a different medical history. Pre-treatment maximum will be determined by the attending physician on a case-by-case basis, as it is medically indicated.

## Question 2

- Your patient tells you they do not like meat very much. Patient states it's not possible for them to take in protein. Is this a True statement or False statement?

# Answer 2

- False
- Pt can talk to doctor about protein supplements such as juven ( drink or powder) or boost / ensure with low sugar. There are also many proteins that are not animal proteins such as nuts, seeds, beans, quinoa, etc.

## Question 3

Most facilities have diabetic counseling or resources at the hospital/wound center to educate patients about diet and nutrition for wound healing. Is this a true statement or false statement?



# Answer 3

- True statement
- Most hospitals have resources to help patients understand their diet/lifestyle changes, but also resources for family too to understand. Remember it takes a village.



# SerenaGroup HBOT Contact Information

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# SerenaGroup Upcoming HBOT Educational Courses

- Monroeville, PA – July 7-10
- Houston, TX – July 21-24
- West Palm Beach, FL – August 18-21



# Next Month's Presenter

DATE: July 19, 2022 (12 noon, est)

PRESENTING: The Woodlands

TOPIC: What Can and Cannot Go  
in the Chamber

