Module 1: Long-Term Care Patient

Special considerations are required for the treatment of patients with diabetes in the long-term care setting. Recent guidelines have suggested that A1C goals of therapy are variable. These goals must be individualized, and depend upon the degree of frailty, risks of hypoglycemia, ongoing comorbidities, and life expectancy. Polypharmacy should be avoided. The risks of medications that cause hypoglycemia need to be emphasized, and many of these should not be used in older adults. Insulin sliding scales and long acting sulfonylureas like glyburide pose the greatest risk.

James L. Rosenzweig, MD and the staff of Boston Medical Center Diabetes Center discuss how to better manage older adult diabetes patients with cognitive issues and the associated risks.

Learning Objectives for Module 1
At the conclusion of this activity, participants will be able to:
• Outline the unique characteristics of patients with diabetes in a long-term care environment
• Describe the increased risks and prevention strategies associated with insulin-induced hypoglycemia, and hyperglycemia in the older adult population
• Develop strategies to reduce the risk of hypoglycemia in the frail elderly and long-term care patient populations
• Select appropriate goals of therapy that are individualized for the elder population in LTC facilities

Accreditation Statements for Module 1
Physicians
Boston University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Boston University School of Medicine designates this enduring activity for a maximum of 1.5 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses
Continuing Nursing Education Provider Unit, Boston University School of Medicine is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

CNE Contact Hours: 1.58; 1.5 hours of which are pharmacology credit worthy

Nurses will receive contact hours for those sessions attended, after completion of an evaluation and claim for credit form.

Continuing Pharmacy Education Credits
The University of Rhode Island, College of Pharmacy, is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. Participation and completion of a program evaluation are required for issuance of a statement of credit. This knowledge-based activity is approved for 1.5 Contact Hours (0.15 CEUs). UAN 0060-9999-13-044-H01-P

Release Date: February 5, 2014 Expiration Date: February 4, 2015 unapproved use of pharmaceuticals and devices occurs.
Frail elders with diabetes in the long-term care setting are especially at risk for safety issues. These can be associated with hypoglycemia, which may be masked by dementia or cerebrovascular disease. Risks for falls include neuropathic loss of sensation and proprioception, cognitive changes complicated by depression, and abnormalities of vestibular function. Assessment of the patient’s functional status and ability to perform activities of daily living are extremely important, especially in the context of the overall diabetes care plan. Simplification of the antihyperglycemic regimen, especially if it includes insulin, is imperative. It is important to consider depression and dementia as major factors which complicate management.

James L. Rosenzweig, MD and the staff of Boston Medical Center Diabetes Center discuss the advantages and disadvantages of pharmacological treatment of diabetes in the older adult.

Learning Objectives for Module 2
At the conclusion of this activity, participants will be able to:

- Appropriately use insulin and oral anti-diabetic agents in the long-term care setting and new guideline recommendations
- Use regimens that mimic normal physiology, including basal/bolus therapy, instead of insulin “sliding scales”
- Transition insulin regimens from acute care facilities to use in the nursing home environment

Accreditation Statements for Module 2
Physicians
Boston University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Boston University School of Medicine designates this enduring activity for a maximum of 1.75 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses
Continuing Nursing Education Provider Unit, Boston University School of Medicine is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

CNE Contact Hours: 1.83; 1.75 of which are pharmacology credit worthy

Nurses will receive contact hours for those sessions attended, after completion of an evaluation and claim for credit form.

Continuing Pharmacy Education Credits
The University of Rhode Island, College of Pharmacy, is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. Participation and completion of a program evaluation are required for issuance of a statement of credit. This knowledge-based activity is approved for 1.75 Contact Hours (0.175 CEUs), UAN is 0060-9999-13-045-H01-P
Release Date: February 5, 2014 Expiration Date: February 4, 2015

*Note to Pharmacists: to receive CE credits you must submit your NABP ID number and date of birth when initially registering for the activity. This information is mandatory and the CE credits will not be reported to the Board of Pharmacy or ACPE unless an NABP ID and date of birth is submitted. If you do not have an NABP ID number you can obtain one at the following link: www.nabp.net/programs/cpe-monitor/cpe-monitor-service/

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