



The 10-minute consultation: type 2 diabetes mellitus

Rationale

The length of consultations varies, but the average length is 10 minutes. In addition, a new GP curriculum was introduced in the UK in 2007, with re-evaluation for practicing GPs; revalidation through continuing medical education is already the standard in other countries. *The 10-minute consultation* series of pocketbooks aim to develop clinicians' history-taking and clinical examination skills, as well as provide detailed information on the management options available in primary care, with emphasis on when to refer (and when not to refer) for specialist investigations and treatments. The pocketbook format is concise and portable, and key points are highlighted for quick reference, either as a memory aid or for day-to-day use on the clinical frontline.

The 10-minute consultation: type 2 diabetes mellitus

Type 2 diabetes mellitus accounts for approximately 90% of the population of patients with diabetes mellitus. Considering the clinical consequences of leaving diabetes mellitus untreated in terms of patient health and long-term healthcare costs, the need for GPs to correctly identify and treat type 2 diabetes mellitus is great. Some patients with type 2 diabetes mellitus are unable to control their disease with diet and exercise alone and thus require drug therapy.

The 10-minute consultation: type 2 diabetes mellitus provides a holistic approach to the assessment and management of type 2 diabetes mellitus, outlining the principles for good history taking and stressing the importance of ongoing patient review and recall to ensure delivery of high-quality, evidence-based treatment.

Authorship

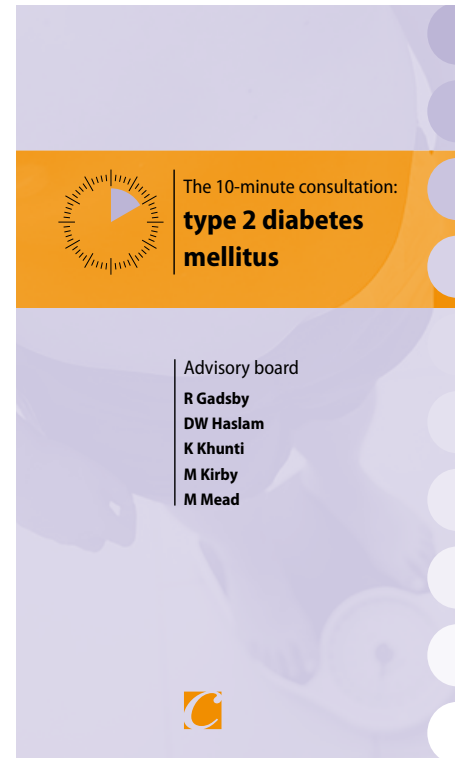
The 10-minute consultation author team is composed of GPs and specialist clinical reviewers who together ensure that the content of our books is authoritative and current. We work closely with an advisory board of GPs from the speciality of primary care and diabetes whose role is to ensure the accuracy, quality and integrity of the content. By using a team of experienced and highly regarded GPs from the diabetes speciality, we aim to draw on their clinical experience within the field, closely reflecting the needs of the readers.

Summary

The 10-minute consultation: type 2 diabetes mellitus provides clinicians with an invaluable source of information for type 2 diabetes mellitus in primary care and highlights the most appropriate diagnostic and management options.

Key objectives for the reader:

- To understand that type 2 diabetes mellitus is associated with significant morbidity and mortality
- To understand the epidemiology and risk factors for development of type 2 diabetes mellitus
- To understand how type 2 diabetes mellitus can be identified in primary care, including which diagnostic tests are used and how the results are clinically interpreted
- To understand how to competently manage type 2 diabetes mellitus in primary care and promote a healthy lifestyle
- To understand the indications for specialist referral



Audience

- ✓ Medical students
- ✓ **Primary care:** GPs, Nurses, Pharmacists
- ✓ **Secondary care:** Nurse specialists, Junior doctors

Specification

International Editorial Advisory Board
Paperback: 96 pages
Product dimensions: 110 x 190 mm
Binding: perfect bound
Colour: 4-colour cover; 2-colour text
ISBN: 978-1-905982-04-2



Table of contents

1. Introduction

- What is the spectrum of disease?
- What is the burden of type 2 diabetes mellitus?

2. Who and what to test

- Screening and case finding
- What issues should the general practitioner (GP) cover during the 10-minute consultation?
- Target-organ damage and complications of type 2 diabetes mellitus
- Assessment of CV risk
- Differential diagnosis: the metabolic syndrome

3. How to manage the patient with type 2 diabetes mellitus

- Who to treat?
- How to treat?
- What are the treatment targets?
- General lifestyle advice
- Blood glucose levels and type 2 diabetes mellitus
- Other prophylactic drug therapies
- What are the benefits of treating co-morbidities/multiple CV risk factors?

4. Person-centred care

- How to identify the patient's beliefs about type 2 diabetes mellitus and its complications (their concerns and expectations)?
- What are the patient's cultural beliefs and practices?
- How to recognise nonconcordance with management strategies?
- Are any treatments particularly appropriate?

5. Applying the evidence

- What are the implications of the international best-practice guidelines for GPs?
- Selected landmark studies
- What are the primary care prescribing options for treating to target in type 2 diabetes mellitus: a summary
- When to refer?

6. Review and recall

- What ongoing patient care, monitoring and follow-up are necessary?
- What role do other key healthcare workers have in managing the patient?
- What is the role of information technology (IT)?
- What is the role of the expert patient?

Further reading

Other titles in *The 10-minute consultation* series



and many more...

Bulk distribution

All our publications are available for bulk distribution in markets around the world and have proved extremely popular with industry sponsors as key educational items for clinicians. We can offer significant discounts for purchasing in bulk and across related titles. Other opportunities include: translated versions, custom covers, bookmarks, bellybands, competitive print lead times, tailored deliveries to suit rep visits and/or direct mailings, an efficient and friendly customer service.

More information

To place an order and/or request further details and quotes, please contact:

Sarah Findlay
Editorial Director

Cedilla Publishing Limited
PO Box 58871
London SE15 9BE
UK

Direct tel: +44 (0)7794 485294
Email: sarah@cedillapublishing.com