

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, PCOS and nonalcoholic steatohepatitis (NASH)

3. How to manage the person 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?

Other co-morbidities: depression

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 roles 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?

Monitoring performance and the quality of care

Further reading