

## Workbook : Anti-diabetic drugs

This activity has been designed to be used in conjunction with the course reading booklet. In this case, the task is related to a case history, with related activities. The completed workbook can then be added to your CPD portfolio as evidence of your activity. It also provides room for you to reflect your thoughts in relation to this course and your learning experience.

### Case history :

Sean is a 50 year old, obese patient with Type 2 diabetes, diagnosed approximately 4 years ago. Previous to this, he considered himself to be relatively healthy, but since his diagnosis of diabetes he has suffered from a myocardial infarction, is mildly hypertensive, and has raised serum triglycerides. He also suffers from angina, which is occurring more frequently, and without an obvious trigger. He admits to smoking around 20 cigarettes per day, and has done so since being a young man. He does not carry out home monitoring of his blood glucose levels, but at his last review with his GP, his HbA1c was 8.9, and his fasting serum triglyceride level was 10.1 mmol/l.

His current medication consists of metformin 500mg tds, propranolol 120mg once daily, nifedipine 20mg tds, aspirin 150mg daily, and GTN spray when required.

1.	Comment on the suitability of the medication given to this patient in relation to the management of his diabetes.
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2.

Why do you think this patient has not been given the following to manage his diabetes?

Sulphonylureas

Alpha-glucosidase inhibitors

**Thiazolidinediones**

**Prandial glucose regulators**

3.	What side effects might this patient experience from the medications he is taking ?
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4.	In what circumstances do you think his GP may change his mode of management in relation to the diabetes ?
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## Reflection.

Take some time to think about the learning that you have completed using this course. Was it useful, was it interesting, was it applicable to your practice? Is there anything in particular you have gained from the course, and does it encourage you to alter your practice? Have you enjoyed it?

These are all questions you should ask yourself before you complete your reflective account below, as these are key points that you need to mention.

How much time have you spent completing this course?	
Did you complete the course on your own, or as part of a learning group?	

Your general reflective account :

Key Learning / Practice points (list up to 5) :

1.

2.

3.

4.

5.

If you feel you have any further comments to make about your learning, please use the space below.

