

Occupational Therapy Toolkit

Diabetes Mellitus - Type 2

Functional Limitations:

ADL, IADL, work and leisure impairment

Functional mobility impairment

Impaired UE strength

Limited activity tolerance and endurance

Impaired fine motor control

Sensory deficits

Environmental barriers

Falls risk

Knowledge deficit

Other symptoms and conditions - depression, retinopathy, heart disease, neuropathy, kidney disease

Occupational Therapy Intervention:

ADL, IADL, work and leisure training including but not limited to...

Recommend and/or provide adaptive equipment

Skin and foot care, provide an inspection mirror

Reinforce knowledge of diet restrictions while planning and preparing meals (calorie counting, food exchanges, weighing and measuring foods)

Instruct in energy conservation techniques with application to ADL's

Teach compensatory techniques and safety measures for sensory deficits (bath temperature, burns in kitchen, avoid heating pads, not going barefooted)

Low vision compensation techniques and adaptive devices

Adaptation for diabetics to fill insulin syringes, take oral medications, test their blood sugar, read labels on food containers to control their intake of carbohydrates, perform foot care

Provide UE therapeutic exercises and activities to improve strength and endurance.

Take blood sugar levels before and after exercising, have a carbohydrate snack available in case of hypoglycemia

Educate regarding falls risk and prevention strategies

Assess home safety and functional safety and provide environmental modifications and adaptations

Reinforce education regarding hypoglycemia and hyperglycemia

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Diabetes - Type 1

Assist in developing self-management skills (effective communication, positive coping strategies, stress reduction, physical activity and exercise, medication management, healthy eating, and making informed decisions about medical and alternative treatments)

Educate patient and caregivers in disease process, availability of community resources and encourage participation in support groups

Patient Education:

1. Upper Body Strengthening and Stretching Exercises
2. Upper Body Strengthening Activities
3. Hand Strengthening Exercises
4. Diabetic Foot Care
5. Energy Conservation Principles
6. Energy Conservation with Self Care Activities
7. Energy Conservation with Meal and Home Management
8. Stress Management and Relaxation Techniques
9. Falls Risks Assessment and Prevention Strategies
10. Home Safety and Functional Safety Assessment