

Diagnostic phase

Who is involved?



Who?
How frequent?
Duration?

GP



Who?
How frequent?
Duration?

patient (and
its
environment)



Who?
How frequent?
Duration?



Who?
How frequent?
Duration?

Thuisarts?
(digital
triage)



Who?
How frequent?
Duration?



What is the purpose of this phase/intervention?

Starting point:

a. Patient sees GP because of complaints. Patient could have checked Thuisarts.nl prior to GP visit.
b. GP invites a patient based on screening criteria (like BMI, history of pregnancy diabetes).

1. Blood glucose measurements based on complaints, history of pregnancy diabetes, or screening based on BMI.

2. evaluation of blood glucose: two fasting plasma glucose values ≥ 7.0 mmol/L at 2 different days; or fasting glucose >7 or non-fasting blood glucose >11.1 mmol/L in combination with symptoms of hyperglycemia.



3. risk evaluation, family history of CVD, BPH and blood pressure, fast check, HbA1c, eGFR, lipid spectrum, urinary albumin excretion ratio



What assisting methods are currently used?

HbA1c standard Diabetes mellitus type 2 (Diabetes mellitus type 2 $\geq 6.5\%$ (126 mmol/mol))

Finger prick measurement for blood glucose

venous blood sample lab test

Conversation between GP and patient



What are the challenges in this phase/intervention?

The moment a patients sees a GP



diagnosis focuses on fasting blood glucose (people with impaired glucose tolerance may be missed)



Initial treatment

Who is involved?



Who?
How frequent?
Duration?

GP



Who?
How frequent?
Duration?

Diabetes nurse



Who?
How frequent?
Duration?

Dietician



Who?
How frequent?
Duration?

Patient



Who?
How frequent?
Duration?

Pharmacist



Who?
How frequent?
Duration?

Optional:
endocrinologist,
physiotherapist,
lifestyle coach,
specialists in the
hospital ...

What is the purpose of this phase/intervention?

gluco-
normalisation

prevention of
complications

awareness

individualized
treatment
plan

support to
improve patient
adherence to
treatment

information

What assisting methods are currently used?



What are the challenges in this phase/intervention?



Chronic treatment phase

Who is involved?



Who?
How frequent?
Duration?



Who?
How frequent?
Duration?



Who?
How frequent?
Duration?



Who?
How frequent?
Duration?



Who?
How frequent?
Duration?



What is the purpose of this phase/intervention?



What assisting methods are currently used?



What are the challenges in this phase/intervention?

