

# Diabetes Problem Solving

When you have diabetes, it can be hard to get the results that you would like. Diabetes changes over time and you may need to change the way you manage diabetes over time too.



## Be a Detective:

### 1. Find out what the problem is

- Has something changed? Your medicine, insurance, eating habits, schedule, home, family, or job?
- Is something going to change? Planned travel, new exercise, holidays or celebrations?
- You can plan ahead to prevent a problem if you know something is about to change. If it is not clear what might work, talk to your care team for tips and support.

### 2. Come up with solutions

- Think of ways to fix the issue. Use the tools that you have and your past experience.
- Check with your diabetes care team to see if you are following your care plan correctly or if the care plan needs to be changed.
- Tell your care team about life changes or issues and ask them about ideas and tools that can help. Having the right information can help find the best solution.

### 3. Take action

- Choose how to solve the problem based on options you have.
- Set an action plan that is realistic, one that you feel you can handle.
- Check to see how your solution is working.
- Try a different solution if your first try doesn't help. Ask for help when you need it.



## Checklist for Solving Problems:

Problem: What did you notice?

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Options for Solving Problem: What can you do?

1. 

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2. 

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3. 

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Choose an action: What plan or option will you choose to try?

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# Diabetes Problem Solving



**Let's Practice! Put on your detective cap to problem solve these situations:**

A.) You feel like you are coming down with a cold and your blood sugars are suddenly much higher than usual.

**What can you do?**

B.) You are at a family celebration and there are not many food or drink options that seem healthy to you.

**What do you do?**

C.) You are going on vacation and you do not have enough medicine to last the trip. You also won't have much time for exercise on vacation.

**How would you handle this?**

## What to do if your blood sugar is high:

Check your blood sugar right away if you are feeling symptoms. For many adults high blood sugar would be more than 130 after 8 hours without eating or drinking, or more than 180 two hours after the last meal.

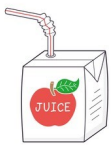
- Go for a walk
- Eat smaller portions at your next meal
- Drink water
- Follow your medicine plan
- If you are sick, eat as usual as best you can, keep taking your medicine, drink plenty of fluids, check blood sugars every 3-4 hours and keep a log.

Think about what may have caused it to go up, and learn how to change for next time. Some causes of high blood sugar may be: changes in meal timing, missed medicines, stress, eating more than usual, getting less activity than usual, or illness such as cold or flu.

## What to do if your blood sugar is low:

Blood sugars below 70 are low. Taking too much insulin or diabetes medicine, skipping meals or eating too little, exercising more than usual or drinking alcohol on an empty stomach may be the cause. Take action to fix it. Have 15 grams of quick carbs, wait 15 minutes, and check your blood sugars again. If still low, repeat until blood sugars are above 70.

### Quick Carbs Ideas (15 grams)



1/2 cup juice



1/2 cup soda



1 Tbsp sugar



1 Tbsp honey



3-5 hard candies