

Diabetes and Considerations for the Physical Therapist

Course Description:

Diabetes mellitus (DM) is a diagnosis frequently seen in the clinic. Clients may be referred for primary diabetes education or for treatment related to a complication of this disorder. In addition, clients receiving treatment for other conditions may also be diabetic. This course will provide the Physical Therapist and Physical Therapist Assistant with an understanding of diabetes from both a pathological and a clinical viewpoint. It is imperative that therapists are aware of complications of this disorder in order to provide safe and effective treatment, and to be able to recognize emergent situations should they arise.

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Course content is 35 pages.

Course Objectives:

Course Participants will be able to:

- A. Define diabetes mellitus and describe categories of DM
- B. Identify incidence of DM
- C. Understand etiology and risk factors for Type 1 and Type 2 DM
- D. Describe pathogenesis of DM
- E. Describe clinical manifestations of DM including
 1. Cardinal signs and symptoms
 2. Atherosclerosis
 3. Infection
 4. Retinopathy and neuropathy
 5. Musculoskeletal problems
 6. Sensory, motor and autonomic neuropathy including ulceration
- F. Describe medical management for DM including diagnosis, treatment and prognosis
- G. Identify PT Preferred Practice Patterns for DM

- H. Describe Implications for Physical Therapy including
 1. Complications of insulin therapy
 2. Diabetes and exercise
 3. Musculoskeletal complications
 4. Foot Care

5. Physical Agents
6. Aquatic Therapy

CEU Approvals:

For information on specific state approval of this course, refer to the *On.Line PT CEUs* "About State Approvals" web page.