

Type 1 DM

S/S

- Onset < 30 y.o.
- Weight loss
- Polyuria
- Polydipsia
- Polyphagia
- Glucosuria
- DKA
- Hyperglycemia

Management

- Insulin required to survive
- SMBG
- Nutritional therapy
- Exercise

Insulin Therapy

- **Rapid Acting**
 - Onset: 5-15 min
 - Peak: 30 min – 1 hr
 - Duration: 2-4 hrs
 - Route: SQ
 - Meds: Humalog, Lispro
 - Used prior to meals to correct hyperglycemia
- **Short Acting**
 - Onset: 30 min
 - Peak: 2-4 hrs
 - Duration: 6-8 hrs
 - Route: SQ, IV
 - Meds: Humulin R, Novalin R, Velosulin BR
 - Used for sliding scale & ER
- **Immediate Acting**
 - Onset: 1-2 hrs
 - Peak: 6-12 hrs
 - Duration: 18-24 hrs
 - Route: SQ
 - Meds: Humulin H, Iletin NPH (**look for H or NPH)
 - Cloudy – s/b rotated to mix due to protein derivative to prolong insulin
- **Long Acting**
 - Onset: 5-8 hrs
 - No Peak – sustained over 24 hrs
 - Route: SQ
 - Meds: Lantus (glargine), Detremir (Levemir)
 - Clear & cannot be mixed c other insulin
- **Combination Insulin**
 - 2 Types of insulin pre-mixed in the same container – always contain regular & intermediate acting
 - Cloudy & need rotating prior to SQ inj.
 - 50/50, 70/30, 75/25