TREATMENT ALGORITHM FOR DIABETES MELLITUS TYPE 2

STEP 1:

TEST ADULTS - Symptomatic or not, attending ART clinic with FBS/RBS

FBS/RBS Test

FBS≥ 7mmol and OR
RBS≥ 11.1mmol but < 13.9mmol/l

If RBG> 16.7mmol/l OR
Ketones present

CONSULT/REFER

STEP 2:

Start Metformin 500mg OD Continue counseling on lifestyle modification and adherence
Lifestyle modification: diet and physical activity

REVIEW IN 1 MONTH IF GOAL OF FBG 4-7MMOL/L OR RBG 4-10MMOL/L NOT ACHIEVED

STEP 3:

ASSESS BIGUANIDE TOLERANCE
Increase Metformin to 1000mg OD

REVIEW IN 3 MONTH IF GOAL OF FBG 4-7MMOL/L OR RBG 4-10MMOL/L NOT ACHIEVED OR HBA 1C>7%

STEP 4:

ADD Gliclazide 80mg OD Glimepiride 2mg OD
Metformin 1000mg OD + Gliclazide 80mg/Glimepiride 2mg OD
Counsel on hypoglycaemia

REVIEW IN 3 MONTH IF GOAL OF FBG 4-7MMOL/L OR RBG 4-10MMOL/L NOT ACHIEVED

STEP 5:

Increase Gliclazide to 80mg BD
Metormin 1000mg OD +
Gliclazide 80mg BD/Glimepiride 4mg OD

If symptomstic at any review and/ or FBS > 16.7mml/l

REVIEW IN 1 MONTH IF GOAL OF FBG 4-7MMOL/L OR RBG 4-10MMOL/L NOT ACHIEVED

CONSULT/REFER

DO NOT prescribe metformin over 1000mg OD in patients on dolutegravir (DTG)

For diabetic emergencies:

- Blood Glucose > 18mmol
- Unconscious diabetic patients on hypoglycemic agent and/or blood glucose <2.8 mmol
- Severe infenction and/or food ulcers
- Recent sudden deterioration in vision

Refer

Repeat Renal function two weeks after initiation

If Goals are not achieved, REFER for Cpeptide to be done

Treatment Goals
FBS 4 to 7mmol/L
RBG 4 to 10mmol/L
Hb1Ac(32 months) 4 to 7%

National Institutes of Health

CIDRZ for a healthy Zambia