

NUTRITIONAL PLANNING BY THE PHARMACIST FOR THE DIABETIC PATIENTS

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- Diabetes Mellitus is one of the major medical problems that requires a full understanding of medication and nutritional therapy.
- Pharmacists in their training receive in depth knowledge in chemistry including biochemistry as well as physiology which lays a sound foundation to help management the treatment of diabetic patients.
- A major challenge in treating patients with diabetes is that high percentage of these patients also have hypertension.
- When we really look at the biochemistry and physiology associated with the development of diabetes and hypertension it becomes increasingly obvious that nutritional therapy must be considered a tool to be added to the therapy plan of these patients.
- It is extremely important to understand the importance of carbohydrate and electrolyte intake management in these patients.
- It is important part of carbohydrate therapy management in the patients diet to assure that carbohydrates in the patients diet are all Low Glycemic carbohydrates which are more slowly absorbed over a longer period to assure the avoidance of high glucose peaks in the serum.
- The dietary approach will also allow control of the intake of important electrolytes in particular potassium and magnesium and the reduced intake of sodium.
- The collaborative approach of the physician and pharmacist add to the likely success of address all of the nutritional issues.
- It is critical during the patient's first visit to provide the patient with a 7-Day dietary history that they should complete and bring to their next visit. This allows for full evaluation of their present dietary approach.
- At the first visit it is important to determine the patients body fat percentage(body density) to allow for the development of a new dietary plan.