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DIABETES CLINICS

A PRACTICAL GUIDE TO RUNNING SUCCESSFUL
CLINICS FOR DIABETIC CATS AND DOGS

INTRODUCTION

Diabetes mellitus is a complex disease which requires significant commitment, even lifestyle changes, from a pet owner in order to achieve a successful outcome. With so much to learn, pet owners can find it a daunting experience, so high quality ongoing support and reassurance from the practice team can make a huge impact. Clinics are a very important aspect of this.

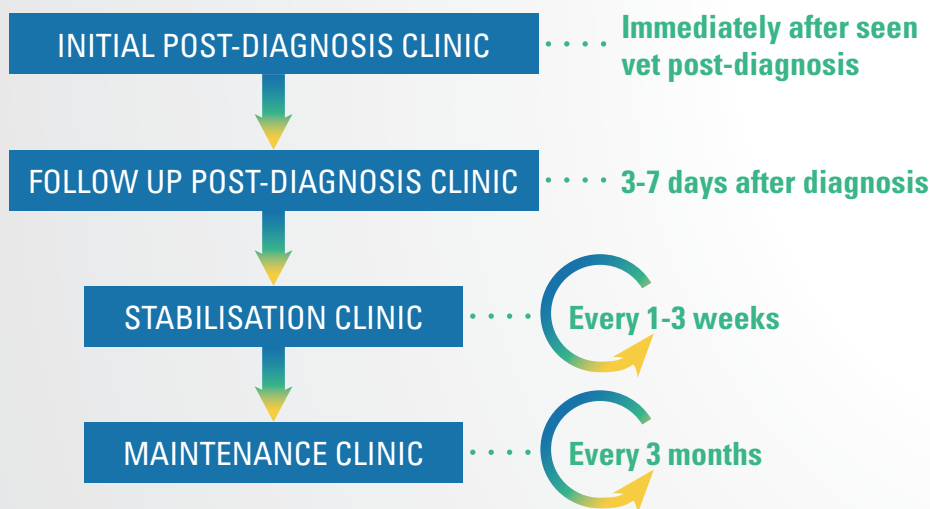
Taking the time to discuss diabetes and diabetic management will provide vital reassurance and the essential information for owners to start, and continue, with treatment. It is important to remember we are trying to achieve a good quality of life for both the pet and their owner, preserving their important bond. Improved care and a consistent practice-wide approach will result in improved clinical outcomes and greater satisfaction for both the practice team and pet owner.



IMPLEMENTING AND RUNNING DIABETES CLINICS

To successfully implement and run diabetes clinics, a practice needs to have at least one nurse who is familiar with, and comfortable discussing, the causes, diagnosis, stabilisation and management of pet diabetes. The MSD Animal Health Pet Diabetes Advisor course can help you achieve this.

Diabetes clinics have a different focus depending on the stage of the pet's diabetes. We recommend thinking about the clinics in four areas, as follows.



INITIAL POST-DIAGNOSIS CLINIC

Having a pet diagnosed as diabetic is shocking and daunting for most owners. During the initial post-diagnosis clinic it is vital to take the time to cover the most important aspects of diabetes management to ensure owners feel confident regarding their pet's diabetic management.

Initially pet owners may not remember everything, which is why it is important vets and nurses work as a team to ensure the clients get all the support and information they need. Some clients may need the information breaking down into several 'bite size' clinics.

Some owners may not feel confident in injecting at first. Help them overcome this by offering 'hand holding' clinics, where they come to the practice for a few days and inject their pet with your support. Offering this support can be a real confidence booster for owners and make a big difference to compliance. Also remember to discuss the options available, such as VetPen®, to owners who may find injections a barrier to treatment.

CLINIC TIME*:	30-60 minutes
WHEN:	Immediately after seen vet post-diagnosis
MATERIALS NEEDED:	<ul style="list-style-type: none"> • Injection training materials
USEFUL TAKE HOME ITEMS: (inc. MSD AH support items)	<ul style="list-style-type: none"> • Diabetes owner manual • Diabetes diary or app information • Practice contact details and named contacts • Emergency/OOH contact details • Further reading material/websites etc.

ACTIONS CHECKLIST

GENERAL PHYSICAL EXAMINATION TO INCLUDE:	<ul style="list-style-type: none"> • Weight • Body condition score • Muscle condition score • Coat condition
CLIENT INFORMATION TO IMPART:	<ul style="list-style-type: none"> • What diabetes is and how it occurs • Diabetes is treatable but lifelong • Stabilisation can take several months and every pet is an individual • Diabetic management requires routine and consistency • Clinical signs the owner can monitor i.e. PUPD, PP, weight loss etc. • Correct insulin storage and handling, disposal of needles • How to administer with either needles/syringes or VetPen • Appropriate diet for individual pet** • Show how to fill in the diary or app • Signs of hypoglycaemia • What to do if worried • Where to go for regulated information • Have covered all the key initial topics, can go over anything and discuss the rest at next clinic
OFFER:	'Hand holding' clinics
REVISIT:	3-7 days***

* Length of clinic may vary, initiations to serve as a guide.

** Often there is a lot of information to impart in this first clinic, so leaving discussions about diet, which can be lengthy in themselves, for a few days until the next clinic may be helpful for some pet owners.

*** Could be more frequently if closer 'hand holding' is required.

FOLLOW UP POST-DIAGNOSIS CLINIC

Follow up clinics can be used to discuss any problems owners may have encountered during the first few days of treatment, answer questions they may have, build on their knowledge and support them in their injection technique.

CLINIC TIME:	30-40 minutes
WHEN:	1-7 days after diagnosis
USEFUL TAKE HOME ITEMS: (inc. MSD AH support items)	<ul style="list-style-type: none"> • Diabetes owner manual • Caninsulin® website (includes videos) • PetDiabetes Tracker app
ACTIONS CHECKLIST	
GATHER INFORMATION FROM THE OWNER ON:	<ul style="list-style-type: none"> • How they are managing insulin administration • What are their main worries • Do they need you to go over anything from last time • How they are getting on filling in the diary or app • Willingness to attempt further home monitoring
CLIENT INFORMATION TO IMPART:	<ul style="list-style-type: none"> • Recap anything from initial clinic as necessary • Appropriate diet for individual pet • How to start diet transition if necessary • If a cat, discuss remission • Importance of home monitoring • If using app it is ideal to email information before arrive for clinic
OFFER:	<ul style="list-style-type: none"> • Recap on injection technique • Further 'hand holding' clinics • Demo for home monitoring urine +/- blood samples
REVISIT:	1-3 weeks



STABILISATION CLINIC

The aim of the stabilisation phase of diabetic control revolves around titrating the insulin dose to the pet's needs, helping the client adjust to the new routine and discussing any further concerns they may have. This stabilisation phase may take several months depending on the individual diabetic.

In depth questioning regarding diabetes management e.g. diet, exercise, insulin storage, injection of insulin etc. is also important alongside reviewing the diary or app monitoring information. The pet should be examined and weighed at each visit. Based on clinical signs, history, examination and further diagnostic tests, the dose of insulin may be adjusted in consultation with the veterinary surgeon.

CLINIC TIME:	20-30 minutes (+/- time for blood samples etc.)
WHEN:	Every 1-3 weeks
USEFUL TAKE HOME ITEMS: (inc. MSD AH support items)	PetDiabetes Tracker app
ACTIONS CHECKLIST	
GENERAL PHYSICAL EXAMINATION TO INCLUDE:	<ul style="list-style-type: none"> • Weight • Body condition score • Muscle condition score • Coat condition
QUESTIONS TO ASK OWNER: (alongside diary/app info)	<ul style="list-style-type: none"> • Go through data from diary/app if possible • Clinical signs and trends • General demeanour/activity • Pet's vision • Neurological signs • Hypoglycaemia signs • General health e.g. gastrointestinal etc. • Signs of remission • Any concerns regarding insulin • Any changes in diet, exercise etc.
POSSIBLE CLINICAL TASKS:	<ul style="list-style-type: none"> • Blood collection (e.g. for curve or fructosamine) • Urine collection/urinalysis
REVISIT:	1-3 weeks



MAINTENANCE CLINIC

The main aim of the maintenance phase of diabetes management is to achieve a good quality of life for the pet and owner through continued effective diabetic management. Of course the client should seek advice if something of concern arises in the intervening period. During this period, changes in water intake, appetite, urination, or the pet's weight or demeanour can all indicate that control may be compromised.

During the clinic thorough questioning is vital to ensure that such clues of destabilisation are not missed. The importance of diet, exercise consistency and routine should always be reiterated since over time lapses in compliance can readily occur.

CLINIC TIME:	15-30 minutes
WHEN:	Every 3 months
USEFUL TAKE HOME ITEMS: (inc. MSD AH support items)	PetDiabetes Tracker app
ACTIONS CHECKLIST	
GENERAL PHYSICAL EXAMINATION TO INCLUDE:	<ul style="list-style-type: none"> • Weight • Body condition score • Muscle condition score • Coat condition
QUESTIONS TO ASK OWNER: (alongside diary/app info)	<ul style="list-style-type: none"> • Go through data from diary/app if possible • Clinical signs and trends • General demeanour/activity • Pet's vision • Neurological signs • Hypoglycaemia signs • General health e.g. gastrointestinal etc. • Signs of remission • Any concerns regarding insulin • Any changes in diet, exercise etc.
POSSIBLE CLINICAL TASKS:	<ul style="list-style-type: none"> • Blood collection (e.g. for curve or fructosamine) • Urine collection/urinalysis
REVISIT:	3 months if stable

SCREENING FOR DIABETES

As well as the above structured nurse clinics there is an opportunity to actively screen for diabetics in the practice. This screening is aimed at increasing owner awareness of diabetes as well as improving rates of diagnosis. Screening for diabetic patients can be easily achieved by asking appropriate questions to clients during other relevant nurse clinics (weight loss, geriatric etc.). Alternatively, this screening could be conducted by a targeted search of the practice management system and follow-up mailing to clients that own animals that may be at greater risk, for example middle-aged dogs of predisposed breeds or perhaps pets that have an underlying disease that predisposes them to diabetes (e.g. hyperthyroidism in cats, hyperadrenocorticism or hypothyroidism in dogs).

WHY CANINSULIN?

CHOOSE CANINSULIN FIRST TO TAKE ADVANTAGE OF EFFICACY, ACCURACY AND SUPPORT



CANINSULIN

- Authorised use for almost 20 years in diabetic pets¹
- Approved for use in both dogs and cats¹
- Multiple presentations to suit all shapes and sizes and minimize waste
- Proven efficacy confirmed in numerous published studies²⁻¹⁰
- Ensured precision and enhanced accuracy through VetPen⁸
- Technical support from veterinary professionals and client education tools from MSD Animal Health

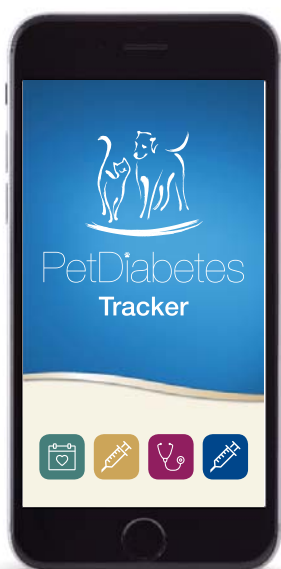


PETDIABETES TRACKER APP

TAKE PET DIABETES MANAGEMENT TO A NEW LEVEL!

PetDiabetes Tracker is a **FREE and easy-to-use app** that enables you and your clients to better track and manage diabetes. The app improves client reporting and compliance with:

- Routine tracking and monitoring
- Creation and sharing of curves and charts in PDF
- Critical alerts which connect the owner directly with you





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Use medicines responsibly.

Caninsulin® contains an aqueous suspension of insulin containing 40 i.u. highly purified porcine insulin, which is structurally identical to canine insulin. Legal category UK: POM-V IE: POM
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