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METABOLIC CONTROL OF DIABETES IN THE ELDERLY

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Introduction: In the modern world one can observe an increasing number of people with diabetes and progressive aging of societies. According to the Polish Diabetes Association (PTD), 25–30% of people over 65 years have diabetes. Treatment of type 2 diabetes in the geriatric population requires far-reaching individualization of treatment goals, which increases patient safety and quality of life.

Aim: The aim of the study was to assess metabolic control of diabetes in elderly, old and aged patients.

Methods: The study was conducted at the Specialist Hospital Henryk Klimontowicz in Gorlice. We analyzed 100 randomly selected medical histories of patients hospitalized in 2016 at the geriatric ward. The consent of the Director of the facility was obtained for conducting the tests. The metabolic control of diabetes in the range of blood pressure value, (BMI) body mass index, and carbohydrate and lipid metabolism was assessed based on the recommendations of PTD 2017.

Results: Examining the quantitative values of selected parameters in relation to HbA1c in the norm, it was found that people with compensated diabetes had significantly lower glucose values (9.22 ± 26.04) than those with HbA1c outside the norm (14.24 ± 6.36). Individuals with HbA1c normally had significantly lower triglyceride values (1.26 ± 0.62) than those with uncompensated HbA1c (1.72 ± 0.55).

Conclusion: It was concluded that: i. metabolic control of diabetes mellitus based on HbA1c was satisfactorily obtained in order of age in the elderly, aged and elderly patients; ii. The occurrence of micro and macroangiopathic complications depends on the level of metabolic compensation of diabetes.

Biography

Małgorzata Kołpa received her PhD Degree in Health Sciences at the Jagiellonian University's Collegium Medicum in Krakow. She works as a Lecturer at the Nursing Department of PWSZ in Tarnów. She is the Prorector of the State Higher Vocational School in Tarnów.

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