



# Management of Type 2 Diabetes Mellitus: A Practical Guide, 2e

*Steven Levene MB BChir MRCGP, Richard Donnelly MD PhD FRCP FRACP*

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This title is directed primarily towards health care professionals outside of the United States. In the 21st Century, the management of type 2 diabetes has become even more important both in the primary health care setting and in the UK government's health policy. With the publication of the National Service Framework and the allied National Clinical Guidelines, both patients and the government expect practices to deliver appropriate and effective care to a high standard. This handbook addresses many concepts important in the day-to-day management of these patients. In addition to the discussion of specific medical management of type 2 diabetes (including the improvement of cardiovascular risk factors), the book explores the use of self-management techniques, the consultation process, and the use of psychological techniques to influence health-related behavior. All aspects of the text are linked, when appropriate, to the GMS contract.

- The authors include a full time GP delivering diabetic care and an eminent Consultant/academic at the leading edge of diabetes research
- The text is completely up-to-date with numerous current references, incorporating the latest guidance
- The span of the text is comprehensive, including clinical, organisational and psycho-social topics of importance in delivering high-quality diabetes care
- The text is cross-referenced to the relevant QOF indicators and NSF standards
- This book also covers the relevant aspects of diabetes in Curriculum Statement 15.6 prepared by the Royal College of General Practitioners, which forms the basis of the new membership examination and the competencies expected of General Practitioners.
- The management options include extensive balanced discussions about not just drugs, but also health education and appropriate referrals to specialists
- The approach is neither didactic nor promotional, and aims to provide sufficient practical information to help clinicians make optimal decisions that take full account of the latest authoritative guidance, but which can be tailored rationally to the individual patient's needs
- Many of the concepts covered - including reduction of cardiovascular risk, health education, audit and lifestyle - are extremely relevant to non-diabetes care
- The appendices include a detailed drug formulary and the relevant 2006-2008 QOF clinical indicators. Future trends and further reading are clearly set out, ensuring that the book will remain useful for the next few years.

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