

Free E-learning resource

The thin person diagnosed with type 2 diabetes

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Meet Jim

Jim is a 47-year-old electrician diagnosed with type 2 diabetes 4 years ago. His BMI is 23.7 kg/m².

Over the last 6 months his HbA_{1c} has deteriorated from 59 mmol/mol to 89 mmol/mol.

He is currently taking metformin 1 g twice daily, alogliptin 25 mg once daily and atorvastatin 20 mg once daily for cardiovascular protection. There is no family history of diabetes and no ongoing diabetes complications.



By working through this interactive case study, you will consider the following issues and more:

- What questions for the patient might be helpful in understanding this sudden deterioration in glycaemic control?
- How would you interpret the diagnosis of type 2 diabetes in the context of a normal BMI?
- What might you try in order to improve glycaemic control?

The first in a new series of case studies from *Diabetes & Primary Care*, this resource is aimed at GPs, practice nurses and other professionals in primary care with an interest in and responsibility for diabetes.

This case study takes you through the necessary considerations in managing a thin individual diagnosed with type 2 diabetes who experiences deteriorating glycaemic control.

The format uses a case history as a tool for learning. Information is provided in short sections, with most ending in a question to answer before moving on to the next section.

Working through the case study will improve participants' knowledge and problem-solving skills in type 2 diabetes by applying evidence-based decisions in the context of individual circumstances.

Crucially, participants are invited to respond to the questions by typing in their answers. In this way there is active involvement in the learning process, which is a much more effective way to learn.

By actively engaging with this case history, you will feel more confident and empowered to manage such a problem effectively in the future.

David Morris, Specialist Doctor in Diabetes, Royal Shrewsbury Hospital; Undergraduate Clinical Tutor, Keele University; and retired GP

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