

Free E-learning resource

Type 2 diabetes and diabetic nephropathy

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Meet Louise

Louise is a 56-year-old schoolteacher who was diagnosed with type 2 diabetes 6 years ago. She has a BMI of 32.4 kg/m².

Recent blood tests show an HbA_{1c} of 70 mmol/mol, eGFR of 71 mL/min/1.73 m² and urinary ACR of 7.4 mg/mmol. A urine dipstick test was all clear.

Louise's current medication comprises metformin 1 g twice daily and atorvastatin 20 mg once daily. She is known to have background retinopathy.



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

- What are your major concerns for Louise from these results?
- How would you follow up the finding of a positive ACR result?
- What other findings characterise diabetic nephropathy and what complications are associated with it?

The new series of case studies from *Diabetes & Primary Care* is aimed at GPs, practice nurses and other professionals in primary and community care who would like to broaden their understanding of type 2 diabetes.

This latest case study takes you through the necessary considerations in diagnosing and managing diabetic nephropathy in an individual with type 2 diabetes.

The format uses a typical clinical scenario 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 scenario 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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<https://live.diabetesonthenet.com/case-studies>