

Blood Glucose Pattern Management

- Use the *Blood Glucose Pattern Management Journal* to input information relating to the patients treatment plan
 - The *Blood Glucose Pattern Management Journal* will help you and your patients understand how the treatment plan (food, exercise, medication, stress/illness) impact blood sugars
 - Understanding these blood sugar patterns will help your patients to become better diabetes self managers
 - Understanding these blood sugar patterns will help to guide treatment more effectively

There are 5 steps to Pattern Management

1. Keeping complete records
2. Reviewing records
3. Seeing if a pattern appears
4. Discovering reasons for patterns; *nutrition, exercise, medication*
5. Making adjustments once you discover reason for out of range test results and then trying to eliminate the patterns