

Treatment Planning Guidelines: Diabetes Mellitus

Therapeutic Intentions

Temporarily:

- Stimulate systemic circulation, metabolism, and peristalsis
- Protect against transmission of pathogens
- Relieve pain
- Respect, accommodate condition complications, medication side effects

Cautions

- Avoid extremes of temperature, pressure
- Client may be unable to provide accurate feedback about temperature or pressure
- *For thermotherapy, use only warm (92-100°) or cool (70-80 degrees°), not hot or cold*
- *Palpate to assess perception of sensation, to identify appropriate pressure*

Local Contraindications

- Keep touch, lubricant a hand-width away from:
 - Recent blood draw site
 - Stoma for insulin pump
 - Insulin pump tubing
 - Lesion or ulcer

Systemic Contraindications

- Signs, symptoms of extreme hypoglycemia require immediate medical intervention
- *Stop the massage*
- *Call 911*
- *Follow instructions of trained emergency personnel*

Assessments

- Suggest that client check glucose levels just prior to treatment
 - If reading is <100: *Defer massage until client has consumed a snack, fruit juice, or non-diet soda*
 - If reading is >120: *Client may wish to deliver insulin dose*
 - *Water intake may help lower glucose level*
 - *Limit strokes with circulatory intent*
- Identify regularly used insulin injection sites
- Examine lower extremities, for broken skin, lesions, rash, bruising
- Palpate areas of numbness, for degree of perception of sensation
- Evaluate medication side effects at the time of treatment

Medications and Side Effects

For information about dosages and side effects for a specific brand name or generic medication, visit www.drugs.com or www.webmd.com

For information about side effects and massage treatment planning for a specific brand name or generic medication, visit www.txplanner.org

Positioning, Draping

- Prevent pressure on joints affected by diabetic capsulitis
- Client may or may not remove insulin pump
 - Keep drape clear of insulin pump or tubing
 - Reposition with care, to prevent pulling, kinking insulin pump or tubing

Guidelines for Complications

Cardiovascular conditions

- Avoid deep pressure, prolonged sessions, significant systemic effects

Neuropathy

- Avoid deep pressure, thermotherapy, prolonged strokes over areas with limited sensation

Retinopathy

- Assist in completing forms, and around treatment space, as needed

Poor healing

- Adhere rigorously to Standard Precautions
- Defer tx of a client with Type I, if you have or have been exposed to an infectious condition

Vagus nerve damage

- Arrhythmia: *cease tx during an episode*
- Anhidrosis: *avoid warm/hot applications; keep room cool*
- Gastroparesis: *avoid prone position, abdominal touch*
- Respiratory distress: *use semi-reclining supine position*

Kidney damage

- Avoid sites for dialysis ports (arm or abdomen)
- *Following transplant:* adhere rigorously to Standard Precautions; defer tx if you have or have been exposed to an infectious condition

Diabetic capsulitis

- Local contraindication, when inflamed
- Minimal ROM, within pain-free range
- Avoid anterior triangle of the neck

Amputation

- Site is a local contraindication to touch, until fully healed
- Ask the client's permission before touching on or near an amputation site
- Protect it from lubricant contamination
- If the client removes the prosthesis, handle it with respect and offer to return it to the client before leaving the room