




# Podcast Episode Fact Sheet

Podcast Series	<b>Diabetes Residency Education Series</b>
Episode Title	<b><i>Controlling Blood Pressure for Diabetic Patients</i></b>
Personnel	<p>Tommie Farrell, M.D.</p>  <p>&lt;&lt;Dr. Farrell</p> <p>With a Guest Appearance by John Parker, MS3 student in Lubbock <a href="#">Department of Family Medicine, TTUHSC, Lubbock</a></p>
Recorded	May 10, 2006; Department of Family & Community Medicine, TTUHSC School of Medicine, Lubbock
Episode Description	In this episode, we eavesdrop on a patient visit between a family physician and a new patient who has Type 2 diabetes and high blood pressure; we'll hear about health complications from elevated blood pressure, as well as lifestyle and medication therapy to control it.
Learning Objectives <i>The listener should be able to:</i>	<ol style="list-style-type: none"> <li>1. List the recommended blood pressure goals in diabetics.</li> <li>2. Explain the importance of blood pressure control for diabetics and the complications that may result from uncontrolled blood pressure.</li> <li>3. Recommend to diabetic patients the lifestyle changes that can help control blood pressure</li> <li>4. Prescribe appropriate medications for drug therapy</li> </ol>
Content Outline	<ul style="list-style-type: none"> <li>• Intro: Overview of the episode</li> <li>• Simulated Patient/ Physician conversation: modeled patient visit &amp; examples of good patient communication, interaction and education about blood pressure</li> <li>• Summary</li> </ul>
Application of the episode content to practice	High blood pressure doubles the risk for heart attack in patients with diabetes. Other possible complications include the possibility of dialysis, blindness, and erectile dysfunction.
Podcast Pearl Topic	New techniques for assessing diabetic foot ulcers. Summary of a new article in <i>Diabetes Care</i> .
Personnel	Dr. Farrell
Comments	Published to iTunes 5/10/06
References	Arauz-Pacheco C, Parrott MA, Raskin P; American Diabetes Association. Hypertension management in adults with diabetes. <i>Diabetes Care</i> . 2004 Jan;27 Suppl 1:S65-7.

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Diabetes Care 2006; 29:S4-S42.

Beckert S, Witte M, Wicke C, Königsrainer A, Coerper S. A new wound-based severity score for diabetic foot ulcers: a prospective analysis of 1,000 patients.  
Diabetes Care 2006;29: 988-992.