Pathfinder for Diabetes

Scope

The purpose of the pathfinders created by the staff of the Wilma L. West Library is to provide occupational therapy practitioners and students, as well as consumers, starting points from which to begin to do research about a topic. A pathfinder is not a comprehensive listing of available resources but a guide to specific and reliable sources of information.

Introduction to the topic

Diabetes is a disease in which your blood glucose, or sugar, levels are too high. Glucose comes from the foods you eat. Insulin is a hormone that helps the glucose get into your cells to give them energy. With type 1 diabetes, your body does not make insulin. With type 2 diabetes, the more common type, your body does not make or use insulin well. Without enough insulin, the glucose stays in your blood.

Over time, having too much glucose in your blood can cause serious problems. It can damage your eyes, kidneys, and nerves. Diabetes can also cause heart disease, stroke and even the need to remove a limb. Pregnant women can also get diabetes, called gestational diabetes.

A blood test can show if you have diabetes. Exercise, weight control and sticking to your meal plan can help control your diabetes. You should also monitor your glucose level and take medicine if prescribed.


Online databases

MedlinePlus®
Health information for patients, families and health care providers. Also in Spanish. Access to this government-supported database is free.

OT SEARCH
OT Search contains over 41,000 citations for occupational therapy literature and related subject areas dating from the early 1900’s. Citations may include links to full-text content. It is a subscription-based service.

PubMed
PubMed comprises more than 20 million citations for biomedical literature from MEDLINE, life science journals, and online books. Citations may include links to full-text content from PubMed Central and publisher web sites. Access to this government-supported database is free.

**Reference resources (print and electronic)**


*Diabetes Care* is a journal for the health care practitioner that is intended to increase knowledge, stimulate research, and promote better management of people with diabetes. To achieve these goals, the journal publishes original research on human studies in the following categories: Clinical Care/Education/Nutrition/Psychosocial Research, Epidemiology/Health Services Research, Emerging Treatments and Technologies, Pathophysiology/Complications, and Cardiovascular and Metabolic Risk. The journal also publishes ADA statements, consensus reports, clinically relevant review articles, letters to the editor, and health/medical news or points of view. Topics covered are of interest to clinically oriented physicians, researchers, epidemiologists, psychologists, diabetes educators, and other health professionals.


**Associations, Foundations, and Organizations**

American Diabetes Association

National Diabetes Education Program

National Diabetes Information Clearinghouse (NDIC)

National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)

**Image, video or podcasts**

National Diabetes Information Program. [Diabetes travel tips](#) (video).

National Diabetes Information Program. [Healthy eating with diabetes](#) (video).


**American Occupational Therapy Association**


**Articles on the role of occupational therapy**


*Updated April 25, 2014*