LEARNING OBJECTIVES

1. Define diabetes mellitus.
2. Describe differences in epidemiology of type 1 and type 2 diabetes mellitus based on age, sex, race/ethnicity, and family history.
3. List the plasma glucose levels that diagnose a patient with impaired fasting glucose, impaired glucose tolerance, gestational diabetes, or diabetes mellitus and the hemoglobin $A_1c$ values that denote high risk of diabetes or diabetes mellitus.
4. Compare and contrast type 1 and type 2 diabetes presentation, onset, characteristics, progression, and pathophysiology.
5. Apply evidence-based recommendations to nonpharmacologic and pharmacologic treatment interventions and goals for diabetes mellitus.
6. Understand common laboratory, procedures, and physical examination components that should be performed on initial evaluation of a person with diabetes mellitus.
7. Identify key elements to the success of nonpharmacologic interventions for the treatment of type 1 and type 2 diabetes mellitus.
8. Understand the pharmacology, pharmacokinetics, side effects, drug interactions, and proper dosing of commonly used medications for diabetes mellitus.
9. Learn about the implications of key clinical trials in the management of glucose, hypertension, and dyslipidemia for the treatment of diabetes mellitus.
10. Construct and individualize rationale therapeutic regimens, and follow-up of these regimens, for treatment of type 1 and type 2 diabetes mellitus.
11. Know the specialized needs for the treatment of diabetes mellitus in special populations (adolescents, elderly, gestational diabetes, having diabetes while pregnant, people with human immunodeficiency virus, and hospitalizations).
12. Identify common concomitant conditions and complications associated with diabetes mellitus and describe goals, treatments, and monitoring parameters for each.
13. Develop treatment regimens (nonpharmacologic and pharmacologic) for common concomitant conditions and complications associated with diabetes mellitus.
14. Understand proper counseling and education of a patient with diabetes mellitus to maximize outcomes.
15. Evaluate therapeutic outcomes by describing common quality of care measures used and the optimal numbers for each measure.