

Diabetes Mellitus Masterclass 2025

28 June 2025 (Session 1)



Case 1 – Mdm Z

Question 1

A 40-year-old, no past medical history, no drug allergies, referred from the Gynaecologist for a high sugar level noted on pre-surgery assessment, asked to follow up with her GP for DM diagnosis and management. You check her HbA1c 13%, and her random blood glucose is 16.9 mmol/L. Her body weight is 80kg and BMI 30 kg/m². Her surgery is scheduled in one month's time. What will you do?

- a) Start sc NPH (Basal Insulin) 8 units daily
- b) Start Metformin 500mg BD
- c) Start Empagliflozin 10mg OM
- d) Start Gliclazide MR 60mg once daily
- e) Others

Case 1 – Mdm Z

Question 2

Beside starting her on glucose-lowering medication(s), what else will you do?

- a) Self-monitoring blood glucose (SMBG), pre-meals + bedtime
- b) Continuous Glucose Monitoring
- c) Refer to the NUHS Community Health Post for DM counselling and glucose monitoring
- d) Provide her Diabetes Education Material

Case 1 – Mdm Z

Question 3

Her SMBG profiles reported readings between 5 and 10 (pre-meal) mmol/L. She underwent surgery successfully. She is reviewed at your clinic 1 month later. What lifestyle measures will you recommend?

- a) Physical exercise
- b) Sleep 7 hours a day
- c) Weight loss
- d) Stop smoking

Case 1 – Mdm Z

Question 4

What programmes would you recommend Mdm Z?

- a) Join the Active Health programme for Diabetes management
- b) Refer to the Dietitian
- c) Sign up for the NU-LITE programme to achieve weight loss
- d) Conduct NUH Personalised care and support planning (PCSP)

Case 1 – Mdm Z

Question 5

Mdm Z asks if her diabetes can be cured. How will you reply?

- a) No, but it can be controlled with medications and lifestyle changes
- b) Yes, in some cases with adequate weight loss and lifestyle changes

Case 1 – Mdm Z

Question 6

Mdm Z is very motivated to control her DM well. She asks for more information to read up on before seeing you on the next visit. What resource will you recommend?

- a) Healthhub (diabetes hub)
- b) ChatGPT “What do I have to know if I am newly diagnosed with diabetes with HbA1c 13%?”
- c) Check NUH online diabetes materials “Resources for people with diabetes”
- d) Offer your clinic (or group’s) patient education material on diabetes



Case 2 Miss J

Question 1

Miss J is a 20-year-old student who was diagnosed with PTB after having a close positive contact. Her parents both have diabetes mellitus, and her BMI is 22 kg/m². You screened her for diabetes. Her HbA1c was 10%. What will you do?

- a) Start her on metformin
- b) Start her on glipizide
- c) Workup of young-onset diabetes
- d) Advise lifestyle change and review in 3 months

Case 2 Miss J

Question 2

She was referred to an Endocrinologist and had some tests. You received a memo 6 months later with the diagnosis of MODY3. You were advised to continue sulphonylureas for the patient. She is on Glipizide 5mg bd. What will you do?

- a) Follow-up every 3-6 months
- b) Advise CGMS
- c) Add Metformin and Empagliflozin to reduce beta-cell exhaustion
- d) Advise weight loss 2-3kg

Case 2 Miss J

Question 3

What lifestyle measures will you advise?

- a) Stress management
- b) Avoid or stop smoking
- c) Regular low-carbohydrate meals
- d) Adequate sleep

Thank you.

