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What should diabetics pay attention when traveling?

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Objective: This review is written to give advice about the issues that diabetics need to be careful about to avoid the negativity that they experience during and after the trip.

Travel is an indispensable part of human life. It is anticipated that international travel, including diabetic individuals, will increase in the coming years. Travel can affect glycemic control. Especially international travel can pose special problems for diabetic individuals, especially insulin users. Patients with diabetes must make special travel arrangements differently from other individuals. Planning travel ahead will facilitate the diabetic individuals' lives, prevent possible complications, protect their health in the area they are in, and provide a pleasant travel experience.

The planning should depend on the questions and answers that the individual will go to where, for how long, whether or not he will pass the time slots, when and what type of food will be more or less active than ever.

People with diabetes often seek help with treatment management during travel from the primary care provider. Patient education in planning can help to reduce the frequency of travel-related problems in diabetic patients.

This planning should include, in particular, pre-travel medical examination, adjustment of insulin and oral antidiabetic agents, nutrition during the journey, immobility, effect of weather conditions, regular foot control and care, how to keep insulin and use of insulin pump. It should also be noted that these patients should have simple carbohydrates for use in the case of hypoglycemia, blood glucose monitoring for glucose monitoring devices, drugs used, a copy of prescriptions and a card for diabetes.

Travel is a fun and productive part of human life as long as health continues. People with diabetes have special difficulties when traveling. However, such difficulties can be easily anticipated or avoided in advance. For that reason diabetes should not hinder what you want to do.

Keywords: Diabetes, nursing, planning, travel.

Biography

Derya has completed her master at the age of 24 years from İnönü University Faculty of Health Sciences. She is continuing her Ph.D at İstanbul University Faculty of Nursing . She works as a research assistant at the Uludağ University Faculty of Health Sciences.

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