



## Diabetic ketoacidosis (DKA) (information)

Recurrent hyperglycaemia and persistent hyperglycaemia are common at higher HbA1c levels and is **NOT** an emergency. Diabetic Ketoacidosis (DKA) **IS** a diabetes emergency.

### Diabetic ketoacidosis (DKA)

- Caused by an absolute or relative insulin deficiency
  - ❖ Reduced or skipped insulin
  - ❖ Increased insulin requirements during periods of illness or concurrent medications
- Increased risk in those patients on SGLT2 inhibitors (e.g., Forxiga) – at risk of developing normoglycemic DKA
- Common causes
  - ❖ Overconsumption of carbohydrates
  - ❖ Insulin dose is inadequate or injected late
  - ❖ Insulin dose was omitted
  - ❖ Air bubbles in the insulin pen
  - ❖ Insulin has expired or has become less bioavailable
    - Heating or freezing
  - ❖ Injection sites are overused
  - ❖ Medications that increase blood glucose levels – such as steroids (intercurrent medications)
  - ❖ Diabetes oral treatments: SGLT2 inhibitors
  - ❖ Stress
  - ❖ Intercurrent illness / infections: UTI / URTI / LRTI / pneumonia