

Supplementary material 2

Synthesis of included studies. Fortaleza, CE, Brazil, 2022

Authors, journal, country, and year	Study design and level of evidence	Objectives	Main findings
Wicaksana et al., Diabetes & Metabolic Syndrome: Clinical Research & Reviews, Indonesia, 2020	Scoping review, 4.a	To review current evidence on diabetes control and specific considerations during the COVID-19 pandemic for people living with diabetes.	The study presents dietary guidelines (low carbohydrate intake, low fat intake and optimal protein intake, without skipping meals). It is also recommended that the daily diet must be divided into three meals and a snack. Recommendations for home exercise such as treadmill, stationary bike or running and resistance training were also given, as well as guidelines for the advance purchase of blood glucose monitoring supplies and medications on the Internet. Adherence to medication regimen must be assessed through teleconsultation. An assessment of the previous history of complaints, allergy, and hypoglycemia must be carried out and proper orientations must be provided. Finally, the study covers guidelines for healthy coping during the pandemic, measures to prevent COVID-19, and remote tracking for diabetes control amid the pandemic.
Banerjee et al., Diabetes & Metabolic Syndrome: Clinical Research & Reviews, India, 2020	Narrative review, 4.a	To review the various aspects of patient-centered care through diabetes self-management education based on the available literature.	The study covers guidelines for self-care focusing on diet, exercise, glycemic monitoring, medication adherence, hypoglycemia management, complications screening, and psychosocial support. The study also recognizes the importance of remote consultations.
Ranscombe, Lancet Diabetes & Endocrinology, Scotland, 2020	Report, 5.b	To provide information on how people with diabetes can seek counseling and manage their condition.	Remote assistance for diabetes self-management can be accomplished through technology-mediated programs, focusing on adherence to dietary guidelines, physical exercise, and stress reduction.
Bhaskar et al., Frontiers in Cardiovascular Medicine, Australia, 2020	Perspective, 5.b	To propose a screening and management protocol for patients with cardiovascular disease and diabetes in COVID-19 settings to minimize harm to patients, healthcare systems, and healthcare professionals	The study covers virtual guidelines concerning the practice of physical exercises, guidelines for better coping during the pandemic, measures to prevent COVID-19, and remote management of patients with diabetes and cardiovascular diseases during the pandemic.

Murphy, Diabetes Technology & Therapeutics, UK, 2020	Cross-sectional, 4.b	To review the management of diabetes in pregnancy before and during the block.	The study reinforces the use of remote guidance to support pregnant women with type 1 diabetes concerning glucose monitoring and insulin administration.
Taheri et al., Lancet Diabetes & Endocrinology, Qatar, 2020	Letter, 5.b	To describe diabetes management in Qatar during the COVID-19 pandemic.	The study reinforces the use of remote strategies to control diabetes amid the pandemic, focusing on adherence to dietary guidelines, physical exercise, blood glucose monitoring, medication usage, prevention of diabetes-related complications, mental care, and reduction of anxiety and depression.
Garg et al., Diabetes Technology & Therapeutics, USA, 2020	Case report, 4.c	To present two cases of treatment for recent type 1 diabetes mellitus (T1DM) via telehealth.	The study shows that telemedicine can be used safely and effectively for new-onset T1DM training and education for pediatric and adult patients and their families, focusing on insulin regimen adherence and emotional support.
Bornstein et al., Lancet Diabetes & Endocrinology, Germany, 2020	Literature review, 4.a	To provide practical management recommendations on the differentiated needs in managing patients with diabetes at risk for or with COVID-19.	The study presents guidelines and practical recommendations for managing diabetes during the pandemic. The guidelines cover blood glucose monitoring, medication usage, drug interactions, and hyperglycemia management.
Isip-Tan et al., Journal of the ASEAN Federation of Endocrine Societies, Philippines, 2020	Cross-sectional, 4.b	To present educational media about diabetes and its management in times of COVID-19.	The study reinforces the use of social media to provide health information to patients with diabetes to maximize their compromise to the therapeutic regimen amid the pandemic.
Morris, Independent Nurse, England, 2020	Opinion, 5.c	To explore the special risk that COVID-19 can pose for people with diabetes.	The study covers remote guidelines for healthy eating amid the pandemic and the proper management of acute complications such as diabetic ketoacidosis. Besides, guidelines for preventing COVID-19 infection are discussed.
Puig-Domingo et al., Endocrine, Spain, 2020	Opinion, 5.b	To provide endocrinologist statement in response to diabetes treatment during the COVID-19 pandemic.	The study presents guidelines on managing patients with diabetes amid the pandemic, such as dietary recommendations, strict glycemic control, prevention measures, COVID-19 screening, avoiding unnecessary exposure, use of remote strategies to manage the disease, and specific measures related to COVID-19 management.
American Association of Clinical Endocrinologists (AACE), USA, 2020	Guideline, 5.b	To monitor developments around COVID-19 and provide up-to-date	The study covers recommendations for helping patients with diabetes to be prepared to manage their conditions during the COVID-19 pandemic. The guidelines include

		information on steps needed to help prevent infection.	recommendations about the continuous use of drugs, prescription refill management, and having drugs stored for 14 days.
Gupta et al., Diabetes & Metabolic Syndrome: Clinical Research & Reviews, India, 2020	Opinion, 5.b	To provide clinical considerations for patients with diabetes during the COVID-19 pandemic.	The study presents recommendations for healthy eating (especially about nutrition and adequate protein intake), guidance on prevention measures against COVID-19, and management of COVID-19 in patients with diabetes. Among the recommendations on physical exercise, the authors state that this practice improves immunity and must be performed with caution, avoiding being careful and avoiding The study also presents recommendations for glycemic monitoring, medication adjustments (antihyperglycemic agents that can cause volume depletion or hypoglycemia should be avoided), and reinforces that may be necessary to reduce the dosage of oral antidiabetic medications.
Hartmann-Boyce et al., The Centre for Evidence-Based Medicine, UK, 2020	Literature review, 4.a	To provide considerations in managing patients with diabetes during the COVID-19 pandemic.	The study presents recommendations for managing diabetes amid the COVID-19 pandemic suggesting that people follow their current routine, adopt a healthy diet, stay active, perform more frequent blood glucose monitoring, and properly manage acute complications (such as diabetic ketoacidosis).
Sinclair et al., Touch Endocrinology, UK, 2020	Opinion, 5.b	To provide considerations in managing frail older adults with diabetes living in nursing homes during the COVID-19 pandemic.	The study presents recommendations concerning adherence to a nutritional plan and an exercise plan, recommendations on glycemic monitoring and medication adherence, recommendations on adherence to a plan that improves general health and the mental status, and recommendations for the care of older adults with diabetes.
Ghosh et al., Diabetes & Metabolic Syndrome, Netherlands, 2020	Literature review, 4.a	To explore data on the practice of telemedicine for patients with diabetes in times of restricted mobility due to the COVID-19 pandemic.	The study reinforces telemedicine for diabetes management during the pandemic. It shows that this approach can be used to educate patients remotely, increase adherence to healthy eating, exercise, glycemic control, medication usage, therapeutic adjustments, and management of acute complications.
Lim et al., Journal of Adolescent Health, Singapore, 2020	Observational study, 5.b	To present a nurse-led telehealth initiative for adolescents with diabetes mellitus.	The study covers telenursing actions for the care of adolescents with diabetes, focusing on glycemic monitoring, insulin therapy, and anxiety control.

Sy et al., JAMA Internal Medicine, USA, 2020	Opinion, 5.b	To present the challenges that older people with diabetes may face and offer practical recommendations for caring for them during the COVID-19 pandemic.	The study reinforces the use of remote monitoring to manage diabetes in older adults during the pandemic, focusing on dietary guidelines, exercise, blood glucose monitoring, adherence to drug therapy, healthy coping, and stress reduction.
Scott et al., The Medical Journal of Australia, Australia, 2020	Opinion, 5.b	To provide perspective on diabetes control challenges during the COVID-19 pandemic.	The study covers telehealth for diabetes management during the COVID-19 pandemic. The strategies discussed include analysis of blood glucose monitoring using diabetes data management software, remote guidelines for adherence to drug therapy, and recommends that patients with T1DM must have ketone monitoring strips at home for early identification of diabetic ketoacidosis.
Abdi et al., Diabetes Research and Clinical Practice, Iran, 2020	Systematic review, 4.a	To summarize the evidence on diabetes and COVID-19 outbreak through a systematic review and meta-analysis approach.	The study presents recommendations for managing diabetes amid the COVID-19 pandemic and reinforces that additional attention should be given to nutrition, adequate protein intake, exercise, and blood glucose monitoring.
Hartmann-Boyce et al., Diabetes Care, UK, 2020	Literature review, 4.a	To summarize the evidence identified through rapid reviews on the direct and indirect risks for people with diabetes from COVID-19.	The study summarize evidence on remote support for patients with diabetes and reinforces recommendations for maintaining a good nutritional status, blood glucose monitoring, adherence to drug therapy, regular drug dispensing, and mental health promotion. The study also presents recommendations for remote assistance (telephone counseling, web or computer-based interventions, and text messaging).
Wake et al., European Journal of Endocrinology, UK, 2020	Expert consensus, 5.b	To present expert consensus on the management of endocrine conditions at the time of COVID-19.	The study reinforces the use of remote strategies for diabetes care, focusing on healthy eating, exercise, blood glucose monitoring, and medication usage. The authors state that the restructuring of care services for people with diabetes amid the COVID-19 pandemic is needed.
Tao et al., Diabetes Research and Clinical Practice, China, 2020	Cross-sectional, 4.b	To investigate risk factors and effective measures for blood glucose control in diabetic patients isolated at home during the COVID-19 pandemic through telephone follow-up.	The study provides information on remote support for patients with diabetes focusing on healthy eating, exercise, blood glucose monitoring, use of medications, and guidance on factors interfering with glycemic control during the pandemic.

Pal et al., Diabetes Research and Clinical Practice, India, 2020	Cross-sectional, 4.b	To assess the knowledge, attitude and practices of young adults with type 1 diabetes mellitus towards COVID-19 amid a national blockade in India.	Throughout the assessment of the patients' knowledge, attitude and practices, the authors evidenced the importance of adhering to routine dietary plans, exercise, blood glucose monitoring, and therapeutic regimen amid the ongoing pandemic.
Jethwani et al., International Journal of Diabetes in Developing Countries, India, 2020	Expert consensus, 5.b	To list the challenges faced by children and adolescents with type 1 diabetes and some solutions that have been proposed and developed.	The study discusses challenges and recommendations for the management of T1DM during the COVID-19 pandemic. The authors provide advice on maintaining a healthy diet, regular practice of physical activity, blood glucose monitoring, and insulin therapy. The study also covers guidelines for the prevention and management of diabetes-related complications such as hypoglycemia and diabetic ketoacidosis.
Kiran et al., Canadian Family Physician, Canada, 2020	Praxis, 5.b	To create virtual recommendations to support family physicians and other primary care professionals in managing their patients with type 2 diabetes mellitus (T2DM) during COVID-19.	The authors provide recommendations on healthy diet, regular practice of physical activities, blood glucose monitoring, and insulin therapy. The authors recommend that patients with T2DM manage their condition during the pandemic using remote strategies.
Cerqueira et al., Acta Paulista de Enfermagem, Brazil, 2020	Editorial, 5.b	To discuss the care proposals for individuals with diabetic foot during the COVID-19 pandemic in Brazil.	The authors provide and discuss guidelines for the prevention of COVID-19 and the management of diabetic foot ulcers, remotely, during the pandemic. Self-care recommendations are also provided and discussed.
Mukona et al., Diabetology & Metabolic Syndrome, Zimbabwe, 2020	Narrative review, 4.a	To document a culturally appropriate self-management plan for people with diabetes mellitus in resource-constrained settings during the ongoing COVID-19 pandemic.	The authors provide a synthesis of evidence on health education strategies to promote diabetes self-management during the COVID-19 pandemic, with an approach to nutrition, exercise, glycemic monitoring, adherence to drug therapy, COVID-19 prevention, and management of hypoglycemia, foot care and other complications. Stress management and general preventive measures are also discussed, with an emphasis on remote strategies.
Rose & Scibilia, Diabetes Research and Clinical Practice, Belgium, 2020	Expert consensus, 5.b	To discuss the extent of the impact of the COVID-19 pandemic on the lives of people with diabetes.	The authors present perspectives for managing diabetes amid the COVID-19 pandemic, and guidelines on the supply of diabetes medications, healthy coping, and anxiety reduction.

Grabia et al., Nutrients, Poland, 2020	Cross-sectional, 4.b	To assess the impact of the COVID-19 pandemic on diabetes patients and their nutrition and health behaviors.	The authors provide advice on healthy diet, regular practice of physical activity, stress control, and anxiety reduction. Besides, the effects of the COVID-19 pandemic on the nutrition and health of people with diabetes are discussed.
Quinn et al., Journal of Medical Internet Research, UK, 2020	Literature review, 4.a	To explore evidence of the role of telemedicine in supporting people with diabetes during the COVID-19 pandemic.	The authors synthesize evidence on remote counseling that includes dietary recommendations, regular practice of physical activities, blood glucose monitoring, drug therapy, and management of psychosocial aspects.

Source: Elaborated by the authors, 2022.