Include dose	lower blood glucose	How to take, side effects
Insulin Treatment	Usual dose	Additional information
name		
Blood glucose testing	Yes	No O
Type of meter		
How often should you test		
Pharmacy review and	other notes	
Date of last Medicines U	Jse Review	

What is it for

Additional

information

Please see pharmacist

**Main Diabetes** 

medication:

New medication started



- ▲ Your diabetes should not prevent you living a normal, healthy life. This Care Plan using the Alphabet Approach can help you.
- ▲ You should work towards achieving your personalised targets for BP, cholesterol and diabetes control. National targets have been advised by Diabetes UK.
- ▲ Diabetes UK has stated 15 Healthcare Essential Standards that everyone with diabetes should receive. This includes:
  - Specialist team to provide long term care
  - Safe driving and work-related advice
  - ▲ High-quality care if admitted to hospital
  - Specialist care if planning to have a baby
  - Opportunity to discuss any sexual problems
  - ▲ Access to psychological support if needed
- ▲ These targets and Healthcare Essential Standards will help you reduce the risk of all the complications of diabetes including: heart disease, strokes, amputation, blindness, kidney disease and hospital admissions for complications. A good outcome to a pregnancy would also be far more likely for mother and baby.

Key Contact	How can they help	Contact Details
GP Practice Nurse	Management and Co-ordination of Care	
Pharmacist	Help with medicines	
Podiatrist	Foot care	
Dentist	Oral care	
Dietitian	Diet	
Diabetes UK	Support / Info	
Eye Screening	Annual screening	
Hospital Team	Specialist Care	

Smoking				Blood	d Dro	ceuro	Blood Pressure				
Smoking Weight Managemer	nt & diet			Cholesterol control							
Physical activity	it & ulet			Diabetes control							
Driving				Eye Care							
Pregnancy				Foot Care							
Travel				Medications							
Sexual Health				What	t to do	whe	n ill?				
What is good or	has imp	roved	about :	my he	ealth	?					
What is good or  Concerns I have  MY GOALS: To in	about m	y curr	ent he	alth a	nd w	rellb		ble to?			
Concerns I have	about m	y curr y healt	ent hea	alth a	nd w	rellbo		ole to?			
Concerns I have	about m	y curr y healt	ent heath & we	alth a	nd w	rellbo		ole to?			

Date:	Your target	Result 1	Result 2	National Targets
Advice on Lifestyle: -Weight and Body Mass Index:	Kg BMI	1	1	≤25
-Stop smoking: if you smoke		2	2	Non smoker
Diet and Physical activity		3	3	Within 12 mths diagnosis
Blood Pressure: • Yearly check: High BP can cause heart disease, stroke, eye and kidney disease	Reading	4	4	140/80 or less
Cholesterol and CKD Prevention     High cholesterol can cause heart disease, stroke and poor circulation the legs with risk of amputation	Cholesterol	5	5	Less than 5 mmol/l
CKD: Chronic Kidney Disease     Prevention -Yearly kidney tests     (Creatinine and UACR)	Creatinine UACR	6	6	Kidney tests yearly
Diabetes Control:     HbA1c test: measures the amount of glucose sticking to your blood in the last 2 months     Hypo avoidance: essential to avoid low glucose levels of less than 4     Driving: Remember to check before driving: glucose 5 or more to drive	HbA1C Avoid Hypos	7	7	HbA1c 58 mmol/mol or less (7.5%)
Eyes: It is important that your eyes are examined yearly. Treatment may be needed to stop blindness	Date last Check	8	8	Annual check
Footcare:  • Examine your feet daily: check for heat (infection), ulcers, numbness, circulation. Yearly HCP examination.	Date last Check	9	9	Daily and annual check
Guardian Drugs / Flu jab  Take your medications as advised. Many are essential to avoid heart and kidney disease.		10	10	? taken regularly