

Notes and things to discuss with my diabetes team

Feet examination

- You should check your own feet regularly and seek advice if needed
- Make sure that your feet are looked at carefully at least yearly by a healthcare professional trained in diabetes feet examination
- You will need to see a podiatrist if problems are identified



Guardian drugs

Some drugs like ACE-inhibitors have a special role in preventing complications in most people with diabetes. Please discuss this with your diabetes team.

Useful numbers

Diabetes UK

Tel: 0345 123 2399 Email: info@diabetes.org.uk
Website: www.diabetes.org.uk

Telford and Wrekin Clinical Commissioning Group (CCG)

Tel: 01952 580300
Website: www.telford.nhs.uk

Shropshire Clinical Commissioning Group (CCG)

Tel: 01743 277500
Website: www.shropshire.nhs.uk

Lose Weight and Help to Stop Smoking

The Healthy Lifestyles Hub, Telford and Wrekin:
Tel: 01952 382582
Website: www.healthytelford.nhs.uk
Healthy Shropshire, Shropshire
Tel: 0345 678 9025
Website: www.healthyshropshire.nhs.uk

Smokefree

Tel: 0800 022 4 332
Website: www.smokefree.nhs.uk

Information Resources (about your condition and local services)

Website: www.locallyhealthy.co.uk

Self Help Shropshire (support groups)

Tel: 01743 255305
Website: www.shropshire.gov.uk/community.nsf

Know your medication

Keep a personal record of your current medication, stating Drug, Strength and Dosage. Once medication is not current, cross out the entry below.

Drug	Strength	Dose
e.g. Metformin	500mg	Twice daily with meals

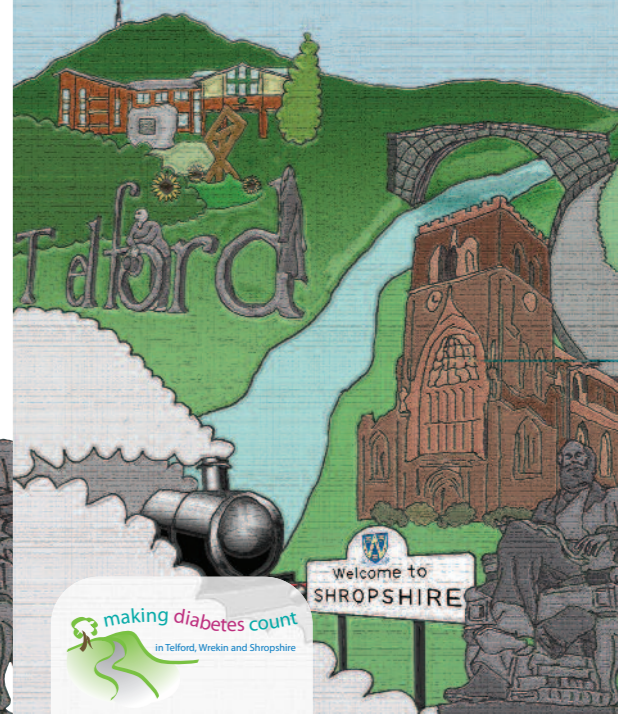
Diabetes Education Programmes

The X-Pert Diabetes Education Programme is a 6 week programme for people with Type 2 diabetes that meets Government guidelines. Each X-Pert session lasts 2 and a half hours, with sessions covering diabetes, weight management, carbohydrate awareness, supermarket tour, diabetes complications and goal setting. Places can be booked via the Community Diabetes Specialist Nursing Service on 01743 277693, by emailing shropshiredsn@nhs.net or you can ask your GP to refer you.

STILE (Shropshire Titration of Insulin & Lifestyle Education) is a course for people with Type 1 diabetes who inject rapid-acting Insulin with meals and long-acting Insulin 1 to 2 times a day. It teaches you how to work out the amount of carbohydrate in the food you eat and then to use this information to calculate how much Insulin to inject with your meal. It is a 4 week programme consisting of 1 day a week for 4 weeks. For further details or how to book a place on this course, please contact the Community Diabetes Specialist Nursing Service on 01743 277693 or email shropshiredsn@nhs.net.

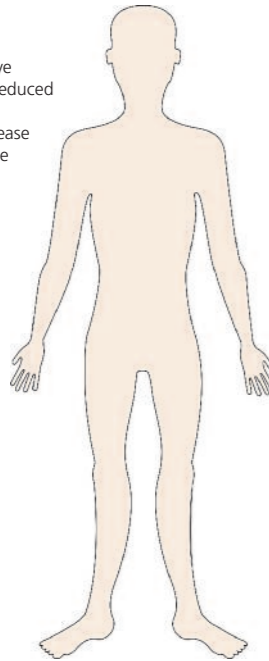
Another self management course is available that can help you learn about how to live with the impact of your condition. This is not specific to diabetes but individuals with diabetes who have attended this course have commented that it has been very beneficial. The name of this course is the Expert Patient Programme. Please speak to your GP or call your local CCG for more information.

My diabetes handheld record



Remember! With good care all complications can be reduced or even prevented

- Serious Eye Disease Reduced
- Heart Disease and Stroke Reduced
- Kidney Problems Reduced
- Foot Problems Reduced



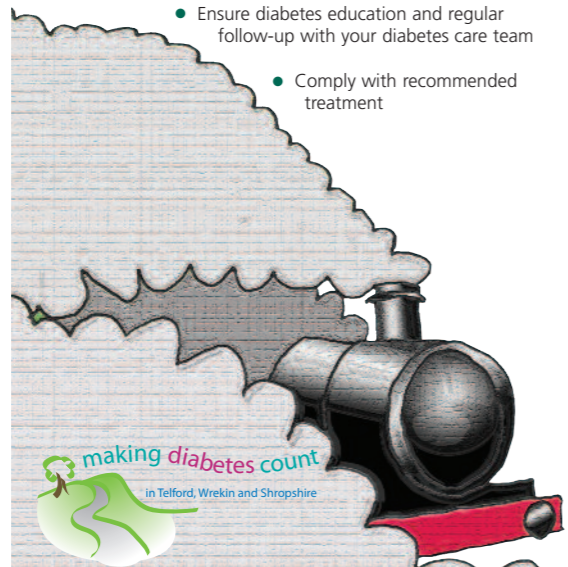
Advice

Basic Principles

- Stop smoking
- Pay close attention to diet
- Weight reduction and exercise (as appropriate)



- Ensure diabetes education and regular follow-up with your diabetes care team
- Comply with recommended treatment



Know your blood pressure

- In most cases, the ideal aim is less than 140/80 mmHg
- If you have kidney disease, then aim for lower

My blood pressure target is: _____

My blood pressure is:

Date:	Blood Pressure:
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Know your cholesterol levels

- Aim total cholesterol levels less than: _____
- Aim for good cholesterol HDL: _____
- Aim for bad cholesterol LDL: _____

Date: _____
 My cholesterol is: _____
 My good cholesterol is HDL: _____
 My bad cholesterol is LDL: _____

Date: _____
 My cholesterol is: _____
 My good cholesterol is HDL: _____
 My bad cholesterol is LDL: _____

Date: _____
 My cholesterol is: _____
 My good cholesterol is HDL: _____
 My bad cholesterol is LDL: _____

Date: _____
 My cholesterol is: _____
 My good cholesterol is HDL: _____
 My bad cholesterol is LDL: _____

Know your diabetes control

- A HbA1c is a measurement used to demonstrate/show the amount of glucose that sticks to your red blood cells over the last 2 months
- The aim is to be between 48-58 mmol/mol
- Your home blood glucose target before meals is 4 - 7 mmols

My HbA1c is:

Date:	Result:
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Eye examination

- Make sure that your eyes are looked at carefully at least yearly
- Eye drops may be used so take your sunglasses or ask someone else to drive you to the appointment
- This should be done by a healthcare professional trained in diabetes eye examination
- Usually a retinal camera should be used
- You should be referred to an Eye Specialist if needed

