

Personal diabetes care plan

Your name: _____

NHS Number: _____

GP and practice:

Other diabetes team contact details: _____

Reminder:

Please bring this care plan with you to all appointments.
Before your appointment, ring for your test results and write them on page 1.

Compare your results with the charts on back pages 8 and 9.
Before your review, check page 3 and consider what you would like to discuss.

Other medication

Please record all the medication you take (apart from insulin on page one) and keep this record up to date.

Staple a copy of your current prescription listing here.

If you are on insulin remember to carry your insulin passport to all appointments.

Results

Please record your results to monitor your progress

| | Date and Result | Date and Result | Date and Result | Date and Result | Date and Result |
|---|-----------------|-----------------|-----------------|-----------------|-----------------|
| HbA1c | | | | | |
| Cholesterol TOTAL LDL HDL Triglycerides | | | | | |
| Blood Pressure | | | | | |
| Weight | | | | | |
| Body Mass Index (BMI) | | | | | |
| Waist Measurement | | | | | |
| Diabetic Retinopathy Screening (Annual) | | | | | |

What do the results mean? See back pages 8 and 9.

Foot risk status (please tick all that apply)

| Date | | Leaflet given? | | Leaflet given? | | Leaflet given? | |
|---------------------------|----------------|----------------|--|----------------|--|----------------|--|
| Ulcerated | Ulcerated | | | Ulcerated | | Ulcerated | |
| High Risk | High Risk | | | High Risk | | High Risk | |
| Increased Risk | Increased Risk | | | Increased Risk | | Increased Risk | |
| Low Risk | Low Risk | | | Low Risk | | Low Risk | |
| Skin condition | | | | | | | |
| Change in foot shape | | | | | | | |
| Sensation/loss of feeling | | | | | | | |
| Foot pulses | | | | | | | |
| Previous ulceration | | | | | | | |

Pulses: As a general rule if the pulses in your feet are felt then the circulation to your feet is okay.

Skin condition: Dry skin is not as healthy or strong as supple skin and tends not to withstand the rubbing, knocks and bumps feet often receive.

Change in shape: Feet that have an unusual shape tend to be at increased risk of problems developing from shoes or other toes rubbing and causing sores.

Sensation: Diabetes can affect how well the nerves in your feet work. If they are not working properly this can cause strange feelings in your feet or no feeling at all. If you have little or no feeling in your feet you may not be aware when they are being damaged, e.g. blisters forming or being rubbed.

Your questions

To get the most out of your healthcare appointments think and plan what you'd like to discuss. Here are some topics to help you:

Food choices



Test results



Low mood



Activity



Medication



Eye screening



Smoking



Sex life



What would you like to talk about at your review and include in your personal action plan?

My weight



Managing/coping with diabetes



Long term problems



Pregnancy



My personal plan

My personal plan is a way to think about changes you want to make likely to move forward in the long term.

The things I am worried about are:

Choose one or two things you would like to focus on:

Write down what you are going to do about these. It might help to yourself a time limit.

in your life. We know if we write these targets down, we are more

| | |
|------------------------------------|---------------------|
| | |
| | |
| take small steps at first and give | Date and time limit |
| | |

Lifestyle and Test Result Traffic Lights

Understanding lifestyle choices and test results can help with managing diabetes.

Results and choices which give the best long term outcomes are coloured green. Amber or red can help to suggest areas for change to reduce your long term risks.

Lifestyle

Physical Activity

Number of 30 minute sessions per week



- Regular physical activity is extremely important for good blood glucose control and weight management. It also helps protect against heart disease.
- Physical activity includes all forms of exercise, e.g. walking, swimming, cycling, gardening, housework, taking the steps at work, etc.

Active Choices: This is a referral from your GP or practice nurse that can give you support and guidance from a qualified instructor at local leisure centre activities for a reduced rate.

Smoking



- Smoking is a major cause of heart disease and stroke. If you currently smoke, please see your nurse for help to stop smoking.

Food Intake

A balanced diet is key to keeping healthy when you have diabetes.

Do you: eat regular meals across the day?

| | |
|-----|----|
| Yes | No |
|-----|----|

Choose wholegrain breads and cereals?

| | |
|-----|----|
| Yes | No |
|-----|----|

Use low fat cooking methods?

| | |
|-----|----|
| Yes | No |
|-----|----|

Cut down on sugary foods and drinks?

| | |
|-----|----|
| Yes | No |
|-----|----|

Add salt to cooking or at the table?

| | |
|----|-----|
| No | Yes |
|----|-----|

Eat at least five portions of fruit and veg per day?

| | | | | | |
|-----|---|---|---|---|---|
| 5-8 | 4 | 3 | 2 | 1 | 0 |
|-----|---|---|---|---|---|

A portion of fruit and vegetables is about the amount you would fit in the palm of your hand. For example: one large fruit (apple, banana, pear, orange, etc), two small fruits (plums, apricots etc), handful of berries or grapes, 2-3 tablespoons of cooked, raw, frozen or tinned vegetables or beans or a small bowl of mixed salad.

Alcohol

Units of alcohol/week:

| | | | | | | | |
|--------|-----|------|-------|-------|-------|-------|-----|
| Male | 0-7 | 7-14 | 14-21 | 21-28 | 28-35 | 35-42 | 42+ |
| Female | 0-7 | 7-14 | 14-21 | 21-28 | 28-35 | 35+ | |

- The recommended limit for alcohol is 2-3 units per day for women and 3-4 units per day for men, and that some days each week should be alcohol-free.
- One unit is equal to:
 - ½ pint beer, lager or cider
 - 100ml glass of wine
 - one pub measure of spirits.

What do the results mean?

Your personal range will be discussed with you by your clinician. The ranges may vary in those who are elderly or in order to suit your individual needs.

Body Mass Index

| | | | | | | | | |
|----|----|----|----|----|----|----|----|-----|
| 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30+ |
|----|----|----|----|----|----|----|----|-----|

Waist circumference**

| | | | |
|--------|-----------------|---------------------------|-----------------|
| Male | <94cms/ 37ins | 94-102cms/ 37-40ins | >102cms/ 40ins |
| Female | <80cms/ 31.5ins | 80-88cms/ 31.5-34.5ins | >88cms/ 34.5ins |

- Body Mass Index (BMI) is a measure of body fatness.
- *For South Asian people a BMI of 23.1 or more is considered high risk
- Waist circumference is a measure of the central body fat or central obesity
- High BMI and waist circumference can contribute to heart disease, high blood pressure and stroke. It can also worsen diabetes control.
- **For South Asian people, a WC>90cm (35") is high risk for men and a WC>80cm (31.5") is high risk for women.

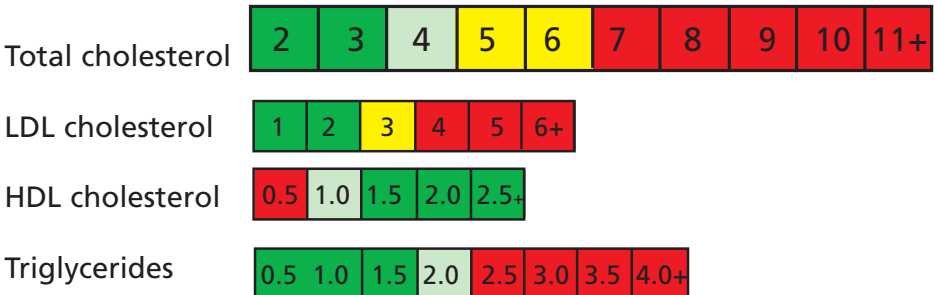
Blood Pressure

| | | | | | | | | | |
|--------------|-----|-----|-----|-----|-----|-----|-----|-----|------|
| BP Systolic | 125 | 130 | 135 | 140 | 145 | 150 | 155 | 160 | 165+ |
| BP Diastolic | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 | 110+ |

Blood pressure tells you how hard your heart has to work to move blood around the body.

Having high blood pressure can increase your risk of developing heart disease, stroke and kidney disease.

Blood Fats



- Total cholesterol measures all the cholesterol in your blood and can increase your risk of heart disease and stroke.
- Low density cholesterol (LDL) increases your risk of cholesterol build-up in your arteries.
- High density cholesterol (HDL) helps protect against heart disease.
- Triglycerides are a measure of the fat circulating in your blood.

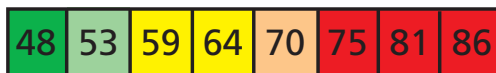
Blood Glucose

Fasting blood glucose gives an indication of your blood glucose control at the time you take the test.

The recommended target ranges for non-fasting blood glucose levels: before meal: 4-7 mmol, two hours after meal: less than 8.5mmol



HbA1c mmol/mol - HbA1c gives an indication of your blood glucose control over the previous 2-3 months.



Useful information

Diabetes education (local)

Education programmes across Bristol and other information:
0117 959 8970, email: DANS@bristol.nhs.net

Diabetes and nutrition services

Bristol Community Health 0117 959 8970
email: DANS@bristol.nhs.net or see our diabetes education
page on: www.briscomhealth.org.uk

Local Diabetes UK support groups: 0117 930 9986

Bristol Central/East: st@diabetesbristol.org.uk

Bristol South: md@diabetesbristol.org.uk

www.diabetesbristol.org.uk

Facebook: Diabetes UK Bristol Voluntary Group

Diabetic Retinopathy (Eye) Screening: 0117 342 0888

Foot Care (NHS Podiatry): 0117 919 0275

Dietitians: 0117 959 8970

Patient Advice and Liaison Service (PALS): Telephone: 0800 073 0907 (freephone) or 0117 947 4477 — suggestions for improvements to services or complaints

Diabetes UK Careline (National)

Monday—Friday 9-5pm 0845 120 2960

email: careline:diabetes.org.uk

Diabetes UK: www.diabetes.org.uk

NHS Choices: www.nhs.uk

For further copies of this booklet or in another format,
please telephone 0117 950 0844. July 2013