

The St James Medical Practice – Diabetes Care Plan

Name :

Date of review :

Date of next review :

This Care Plan has all the 15 Diabetes UK Healthcare Essentials within it. The National Diabetes Care Targets are stated and will apply to most but not all people with diabetes

Advice on Lifestyle:	Baseline Readings	Action	National Audit Targets and Processes
<ul style="list-style-type: none"> ▪ Dietary Advice: Individual, ongoing advice ▪ Physical activity: Individualised advice ▪ Body Mass Index: indicates weight/body shape ▪ Stop smoking: if you smoke ▪ Group education course: this must be offered ▪ Flu vaccination: available free 	BMI:		Not smoking BMI
	Smoking Status:		
Blood Pressure: <ul style="list-style-type: none"> ▪ BP check: raised BP can cause heart disease, strokes, eye and kidney disease 	BP:		Usual Target 140/80 or less
Cholesterol and CKD Prevention <ul style="list-style-type: none"> ▪ High cholesterol can cause heart disease, stroke and circulation problems in the legs ▪ Chronic Kidney Disease Prevention-Yearly kidney tests (creatinine and UACR) 	Cholesterol:		Usual Target 5 mmol/l or less Kidney tests yearly
	Renal:		
Diabetes Control: <ul style="list-style-type: none"> ▪ HbA1c test: measures the amount of glucose sticking to your blood in the last 2 months ▪ Home glucose monitoring as advised ▪ It is essential to avoid low glucose levels of less than 4 mmol/l (hypoglycaemia) 	HbA1C:		Usual Target HbA1c 58 mmol/mol or less (7.5% or less)
Eyes: <ul style="list-style-type: none"> ▪ It is important that your eyes are examined yearly at least. Treatment may be needed to stop blindness 	Date Checked:		Yearly check
Footcare: <ul style="list-style-type: none"> ▪ Examine your feet daily. Feet examination by a trained person at least yearly. To check for numbness, circulation and damage 	Date Checked:		Daily and Yearly check
Guardian Drugs: <ul style="list-style-type: none"> ▪ Some tablets can help reduce diabetic complications such as heart disease, strokes, and kidney failure eg ramipril 	Yes / No / NA		Take medications regularly
Healthcare Professional Advice <ul style="list-style-type: none"> ▪ 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 	Comments:		Seek advice when needed