

# YOUR DIABETES



## Checklist 3 Annual Review for people with Diabetes

**Please remember that you are in charge of your own life and health.**

You know more about yourself and your lifestyle than any professional and they can only help you if you want to be helped.

Any action must be about what you want and need as well as what healthcare professionals recommend.

Professionals are there to provide medical expertise/advice to help you manage your own health, but it is up to you to choose whether to act upon that advice.

A regular annual review will help you to understand your own medical condition and to find out how to take control of some aspects of your health

This checklist is intended to help you to manage your own Diabetes and enable you to lead a normal and healthy life. The following should be checked at least once a year:

### 1 Laboratory tests and investigations

#### a) **Blood glucose control**

An HbA1c blood test will measure your long-term blood glucose control. The range to aim for should be 7 per cent or below.

#### b) **Kidney function**

Urine and blood tests to check for protein will show that your kidneys are working correctly. There should not be any protein in your urine.

#### c) **Blood fats** (lipids, cholesterol and triglyceride levels)

A blood test that measures your blood fat levels is essential. A total cholesterol of 5.0 mmol/l or less and a fasting triglyceride of 2.0 mmol/l are accepted as national target ranges. \*

- \* Please note all normal and good ranges will vary from person to person.
- \* Recommended ranges are meant to be a guide so you know what to aim towards. You need to find your own good ranges over a period of time
- \* If you have any questions, ask your diabetes care team.

### 2 Physical examinations

#### a) **Weight**

Weight is often calculated as a Body Mass Index (BMI), which expresses adult weight in relation to height. You will be advised if you need to lose weight to better control your diabetes. Your GP will record your BMI in your notes.

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## b) **Legs and feet**

Legs and Feet should be examined to check your skin, circulation and nerve supply. If necessary, you should be referred to a state registered chiropodist/podiatrist.

## c) **Blood pressure**

Blood pressure is very important and should be taken. You should aim for your blood pressure to be at or less than 140/80. If it is at higher levels discuss this with your doctor to discuss why your blood pressure may be high. Keeping your blood pressure down has been proven to be beneficial for people with diabetes (UKPDS research trial).

## d) **Eyes**

Your eyes should be examined regularly through a 'fundoscopy' review where your pupils are dilated to enable your optometrist/ophthalmologist to detect any early changes at the back of the eye (retinopathy). Many GP surgeries are now offering regular appointments at a mobile eye-screening unit. Early discovery of any concerns can help to save eye problems.

## e) **Injection Sites**

If you're on insulin, your injection sites should be examined for any residual damage.

## 3 **Lifestyle issues:**

The review should also provide enough time to discuss:

- a) Your general well-being - how you are coping with your diabetes at home, work, school or college.
- b) Your current treatment
- c) Your diabetes control, including your home monitoring results.
- d) Any problems you may be having.

It may include discussion about smoking, alcohol consumption, stress, sexual problems, physical activity and healthy eating issues.

\* You should feel free to raise any of these issues with your diabetes care team.

## 4 **Action Points to remember**

- a) You should have an annual flu injection
- b) You should have one off pneumonia injection
- c) You should request a personal held record of your particular targets for HbA1C, Cholesterol, BP and weight. These should be mutually agreed targets based on the tests and how you feel you can manage
- d) You should ask for guidance to make regular checks of your own blood sugar