

My personal diabetes care plan

Name:

NHS number:

Practice nurse or other diabetes team contact:

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Next review date	Tests required before review

Service provided by

Medication

Please record your medication here and keep your record up to date.

Or staple a copy of your current prescription list here.

If you are on insulin remember to keep your insulin passport with you.

Reminder:

Please bring this care plan to all appointments and write your results on page 3.

Compare your results with the charts on pages 10 and 11.

Before your review, check page 5 and consider what you would like to discuss. After your review, think about what changes you want to make, pages 6-7.

Results: please record your results to monitor your progress.

Test	Date and result	Date and result	Date and result	Date and result	Date and result	Date and result	Date and result
HbA1c							
Cholesterol TOTAL LDL HDL Triglycerides Non HDL							
Blood pressure							
Weight							
Body Mass Index (BMI)							
Waist measurement							
Diabetic Retinopathy Screening (Annual)							

What do the results mean? See pages 10 and 11.

Foot risk status (please tick all that apply)

	Date	Leaflet given?	Date	Leaflet given?	Date	Leaflet given?
Ulcerated High Risk Moderate Risk Low Risk						
Skin condition Dry? Corns? Hard skin?						
Change in foot shape?						
Normal sensation or loss of feeling?						
Foot pulses normal?						
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 rubbing, knocks and bumps feet 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,
stress or
worry



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 in your life. We know if we write these targets down, we are more likely to move forward long-term.

The things I am worried about are:

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

Write down what you are going to do about these. It might help to take small steps at first and give yourself a time limit. Think about any barriers that may get in your way and how you plan to overcome them.

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.

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 when you can.

Ask your GP or practice nurse about exercise in your area, or call the Sport and Active Lifestyles team for more information:

01275 882730.

Smoking

Do you smoke?



Smoking is a major cause of heart disease and stroke. If you currently smoke, ask your GP or practice 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?

Yes No

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)

two small fruits (plums, apricots) 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:

Men and women

0-7

7-14

14-21

21-28

28-35

35+

The Department of Health recommends that you should not regularly drink more than 14 units per week. It is best to spread this evenly over three days or more.

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 if you have other health problems.

Body Mass Index*	22	23	24	25	26	27	28	29	30+
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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+
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 heart disease, stroke and kidney disease. The top number is the highest pressure when your heart beats and pushes the blood around your body. The bottom number is the lowest pressure when your heart relaxes between beats.

Blood Fats

Total cholesterol



LDL cholesterol



HDL cholesterol



Triglycerides



Total cholesterol measures all the cholesterol in your blood, too much can increase your risk of heart disease and stroke.

Low density cholesterol (LDL) increases your risk of cholesterol build-up in your arteries ('bad' cholesterol).

High density cholesterol (HDL) helps protect against heart disease ('good' cholesterol).

Triglycerides are a measure of the fat circulating in your blood.

Non HDL-cholesterol this is your total cholesterol minus your HDL-cholesterol ('good' cholesterol) and is the sum of all the 'bad' cholesterol added together (including LDL cholesterol).

Blood glucose

A fasting or a random blood glucose indicates your glucose level at the time of test.



The target ranges are: before meal 4-7 mmol, two hours after meal up to 8.5mmol/L (or up to 9 mmol/L for insulin users) but your target may be different depending on your age and other health problems.

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



Useful information

Diabetes education:

Education courses across

North Somerset:

01275 885166

Email:

diabetessecretaries@nhs.net

Diabetic Retinopathy

(Eye) Screening:

0117 405 5000

Foot Care (NHS Podiatry):

01275 885070

Dietitians:

01934 647031

Diabetes UK essential diabetes information from the UK's leading diabetes organisation:

www.diabetes.org.uk

Email: careline@diabetes.org.uk

Telephone: 0345 1232399

Groups for support and education events:

Portishead Diabetes Support

Group. Diabetes Practice

Nurse: 01275 841630

Weston Diabetes Support Group.

Ann Barrett: 01934 822679

Avon and Somerset Peer Advisors,

Weston General Hospital

Telephone: 07586 320855

Go4Life North Somerset:

health walks, yoga and cycling

[www.n-somerset.gov.uk/Leisure/](http://www.n-somerset.gov.uk/Leisure/Go4Life)

Go4Life

Planning pregnancy:

www.womenwithdiabetes.net

www.carbsandcals.com

books and app for diabetes and weight loss

www.nhs.uk/change4life food

smart app, eat well and move

more advice

Let us know what you think and get involved

T: 0300 124 5300* **E:** sirona.hello@nhs.net

W: www.sirona-cic.org.uk

*Calls from landlines are charged up to 10p per minute; calls from mobiles vary, please check with your network provider. This is not a premium-rate number.

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