



# *East Lancashire Clinical Commissioning Group*

## Diabetes Record Card

**PLEASE REMEMBER TO BRING TO EACH APPOINTMENT**



**East Lancashire  
Clinical Commissioning Group**

Led by clinicians, accountable to local people

## Conversion table for HbA1c% to mmol/mol

Old DCCT aligned HbA1c(%)	New IFCC HbA1c (mmol/mol)
4.0	20
5.0	31
6.0	42
6.5	48
7.0	53
7.5	59
8.0	64
9.0	75
10.0	86

I AUTHORISE THE DIABETES INFORMATION  
CONTAINED WITHIN THIS RECORD CARD TO BE  
USED FOR THE PURPOSE OF CLINICAL AUDIT

Patient's Name \_\_\_\_\_

Patient's Signature \_\_\_\_\_

Date \_\_\_\_\_

1st Language spoken \_\_\_\_\_

Interpreter Needed

Yes

No

## Your Details

To be completed with your doctor/nurse

Name

---

NHS no.

---

Hospital no.

---

Date of Birth

---

Address

---

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Tel

---

Mobile

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## Useful Telephone Numbers

Doctor

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Practice Nurse

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Specialist Nurse

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Diabetes UK Careline

0345 123 2399

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NHS 111

**111**

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Symptoms at diagnosis (Date of Diagnosis)

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Past medical history (note especially any high blood pressure, angina, heart attack or heart surgery, stroke, peripheral vascular disease or similar)

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Family history of diabetes, high blood pressure, heart disease or high cholesterol

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## Desirable targets for management of Type 2 diabetes

TARGET
STOP SMOKING
Be as PHYSICALLY ACTIVE as possible
BLOOD PRESSURE (less than 140/80 mmHg)130/80 renal eye cvd
LIPIDS - TOT cholesterol less than 4 mmol/L - LDL cholesterol less than 4 mmol/L - Triglycerides less than 1.7 mmol/L
HBA1c 48-53 mmol/mol or individualized target
Urinary albumin:creatinine ratio (ACR) less than 3mg/mmol
BMI - Aim for body weight to be reduced to achieve BMI of less than 25
DIET - high-fibre, low-glycaemic-index sources of carbohydrate in the diet, such as, fruit, vegetables, wholegrains and pulses; include low-fat dairy products and oily fish; and control the intake of foods containing saturated and trans fatty acids.
VACCINATIONS - Have an Influenza vaccination each winter.

## Annual Diabetes Review Checklist

HbA1c

Blood pressure

Weight/Height

BMI/Waist circumference

Fasting lipid profile	- total cholesterol
	- HDL cholesterol
	- LDL cholesterol
	- triglycerides

Creatinine

Morning Urine sample for	- protein
	- albumin:creatinine ratio (ACR)

Foot Screening

Eye examination	- visual acuity
	- retinal photograph

Smoking status

Treatment review

Mood

Erectile Dysfunction

Cardio-vascular Risk

Structured Education

Nutritional Assessment

Physical Activity Assessment

Vaccinations

Contraception & Pregnancy

# Diabetes Review

Date \_\_\_\_\_

		Target	Result
HbA1c			
Weight			
BMI			
Waist circumference			
Blood pressure			
Total Cholesterol			
Cholesterol	HDL		
	LDL		
	-Ratio TC/HDL		
Non HDL cholesterol			
Triglycerides			
Urine test for protein			
eGFR result:			
Smoking	YES <input type="checkbox"/>	NO <input type="checkbox"/>	EX <input type="checkbox"/>
Foot examination	YES <input type="checkbox"/>	NO <input type="checkbox"/>	<input type="checkbox"/>
Eye examination	YES <input type="checkbox"/>	NO <input type="checkbox"/>	<input type="checkbox"/>
Medical Review:	Done <input type="checkbox"/>	Date:	
Vaccinations:	Pneumonia YES <input type="checkbox"/>	Date:	
	Flu: YES <input type="checkbox"/>	Date:	
Insulin type & dose:			
Insulin - delivery device:			
Injection sites examined:			
Insulin passport discussed & given:			



## Notes

Treatment change \_\_\_\_\_

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Goals and targets discussed \_\_\_\_\_

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## Information needs checklist

Topic	Dates discussed		
Refer to Education Programme			
Food & nutrition			
Physical activity			
What is diabetes?			
Short term complications <ul style="list-style-type: none"><li>• Hypoglycaemia</li><li>• Hyperglycaemia</li></ul>			
Blood glucose/urine testing			
Importance of good blood glucose control			
Smoking			
Alcohol			
Possible long term complications			
Illness/sick day rules			

Topic	Dates discussed		
Tablets/insulin			
Foot care			
Importance of eye checks			
Sexual health			
Travel/holidays			
Low mood			
Driving/insurance			
Planning pregnancy			
Diabetes UK			
Free prescriptions			

## Terms and tests

**Blood glucose level** - the amount of glucose in the blood.

**Blood pressure (BP)** - the pressure level within the arteries, which indicates how hard the heart is working to pump the blood round the body.

**Body mass index (BMI)** - a measure of how overweight or underweight you are. A BMI above 25 kg/m<sup>2</sup> means that you are overweight. It is calculated by  $BMI = \text{Weight (kg)} / \text{Height}^2 \text{ (m}^2\text{)}$

**Cataracts** - cloudiness and thickening of the lens of the eye.

**Cholesterol** - a type of fat in the blood. Too much cholesterol in the blood may increase your risk of developing heart disease.

**Foot pulses and sensations** - checks made on the blood supply and amount of feeling in the feet.

**HbA1 (or HbA1c)** - a blood test which indicates the average level of your blood glucose during the last two - three months. Known also as Glycated Haemoglobin.

**HDL** - high density lipoprotein, often referred to as good cholesterol, it carries cholesterol away from the arteries. High levels of these can protect people from heart disease and stroke.

**Hyperglycaemia** - high blood glucose level = more than 10 mmols/L

**Hypoglycaemia** - low blood glucose level = less than 4 mmols/L

**Hyperlipidemia** - another name for high cholesterol or triglycerides levels.

**LDL** - low density lipoproteins, known as bad cholesterol, too much LDL in the blood can cause it to collect on the artery lining, leading to narrowing and hardening.

**Microalbuminuria** - a test for very tiny amounts of protein in the urine.

**Protein** - urine protein is checked (with test strips) to test for damage to the kidneys.

**Retinopathy** - damage to the tiny blood vessels at the back of the eye (retina).

**Triglyceride (TG)** - a type of fat in the blood, affected by glucose and alcohol

**Urea and creatinine** - blood tests to check for kidney damage.

**Visual acuity** - an eye test which involves reading a letter chart.

## Further Information

Please ensure that you have an annual Retinal Screening Test and that your feet are checked periodically by the nurse.

Check your feet and skin in general for signs of damage and wounds that are not healing themselves normally, if concerned, seek help.

You can help yourself greatly by reducing your weight, stopping smoking and reducing your alcohol consumption, please ask for advice and help.

It is important that you keep your regular appointments with the practice nurse and if you have any queries or concerns at all between appointments please contact your GP surgery and we will return your call as soon as possible.

You might like to make a note of any questions that you would like to raise at the appointment, in the spaces provided on the notes pages as a reminder.

# Local Support Groups

Ribble Valley group – meet at Clitheroe Rugby Club 2<sup>nd</sup>  
Monday of each month

Burnley Support Group – meet at Tesco Extra,

Finsley Gate, Burnley 3<sup>rd</sup> Monday of each month

Burnley, Pendle and Rossendale Parents meet at  
Belvedere Rugby/Cricket club behind the Oaks Hotel, 3<sup>rd</sup>  
Thursday of the month

Pendle Women's Community - based in Pendle  
Women's Forum

May be subject to change check on [www.diabetes.org.uk](http://www.diabetes.org.uk) for  
information on local groups.

More information can be found on  
[www.diabetes.org.uk](http://www.diabetes.org.uk)



**East Lancashire  
Clinical Commissioning Group**

Led by clinicians, accountable to local people

Created by [www.concept4.com](http://www.concept4.com) (ref 5877-03/2013), an ISO9001 Quality and ISO14001 Environmental accredited company.