

## Annual Review

Once a year, make an appointment with your doctor or nurse to ensure any problems are identified early. It will also give you the opportunity to agree your personal targets for the coming year.

### A few weeks before your annual review:

- Have all your bloods taken at the surgery
- Take a sample of urine with you at this time
- Have your eyes screened by digital retinal photography

### At your appointment, the following areas should be covered:

- General well-being and any concerns you may have
- Diet review
- Weight measured
- Activity levels talked about
- All your blood test and urine results should be discussed with you (including HbA1c, U&Es, LFTs, eGFR, TFTs and urine sample)
- Discuss your home blood sugar tests
- Talk about your medications/concerns about them
- Agree medication changes and leave with a prescription
- Blood pressure measured twice
- Ensure your feet are checked (with your socks/tights off)
- Discuss risks of complications (including erectile dysfunction/depression)
- Action plan agreed with you and personal targets set for the coming year
- Agree next appointment

# Diabetes Care...

## What you should expect each year





Everyone with diabetes needs good healthcare and early detection. Treatment of any problems should be discussed with you and addressed quickly.

## Once you have been diagnosed with type 2 diabetes you should:

- Have a full medical examination with your doctor
- Receive an explanation about what diabetes is
- Discuss how diabetes may alter your life
- Have the opportunity to ask questions
- See your practice nurse regularly
- Discuss your diet and identify areas you feel could improve your health
- Discuss the benefits of increased activity and achieving a healthy weight
- Be referred to group education
- Be given a 'starting out with diabetes' information pack
- Discuss testing your own blood sugars
- Have your eyes screened with digital retinal photography
- Aim to stop smoking
- Discuss reducing the risk of getting diabetes complications
- Have an annual review and discuss all aspects
- Attend all appointments
- Discuss medications and treatment options
- Identify your named contact
- Agree your next appointment before leaving the surgery

You will be encouraged to attend regular appointments with your doctor or nurse, who will work with you to gain good diabetes control. They will help you to develop your knowledge and the skills to live with diabetes.

You may need further blood tests, particularly after starting a new medication or having a medication adjusted. It is common for people with Type 2 diabetes to have a number of tablets prescribed. These may include aspirin (to reduce your risk of heart problems associated with diabetes), a tablet to reduce your cholesterol and another to reduce your blood pressure and protect your kidneys. If you have any concerns or problems with any medications prescribed, speak with your doctor or nurse as soon as possible (DO NOT wait until your next annual review).

## What can you do to help yourself?

To achieve the best possible control, you and the health care professionals will work together as a team. It is very important that you understand 'your' diabetes, so that you are an effective member of this team.

## What should you do if you have questions or concerns about the care you receive?

Discuss them with your:

GP or practice nurse    Local Diabetes Support Group

Diabetes Team            Local Patient and Public Involvement Forum (PPIF)

Patient Advice and Liaison Service (PALS)

**You are entitled to free prescriptions. Ask your GP for form FP92A.**