



NHS Tayside Diabetes Managed Clinical Network Patient Information Leaflet

What diabetes care should you have from your Practice?

For people newly diagnosed with Type 2 diabetes

It is likely that your GP and Practice Nurse will share responsibility with yourself for looking after your diabetes. Most people with Type 2 diabetes do not need to be referred to see a Hospital Consultant when they are newly diagnosed.

When you are first diagnosed your GP or Practice Nurse should:

- Explain to you what diabetes is and what this will mean for you.
- Offer you leaflets and material to take away and read at home.
- Offer to arrange for you to attend one or more special sessions near to where you live, within the next four weeks. Here you can spend time in a small group with healthcare professionals who will explain more about your diabetes. They will give you advice about how to look after yourself and your condition. This programme is called TDEP (Tayside Diabetes Education Programme) and your GP or nurse will be able to book you into a convenient session immediately. They will give you a letter with the details of time and venue to take away with you.
- Give you the details of the Tayside Diabetes website which contains more information about your condition and the services available to you
<http://www.diabetes-healthnet.ac.uk/>
- Discuss with you the importance of regular exercise, a healthy diet, including weight loss if you are overweight and stopping smoking, if you smoke.
- Explain to you the importance of attending the Practice for regular diabetes check-ups every 3 – 6 months and how these are arranged in the Practice.

- Tell you who in the Practice to contact if you have concerns or questions about your diabetes.
- Check your height, weight, blood pressure, feet, urine and some more blood tests.
- Explain that, within the next 3 months, you will receive an appointment by post to attend the hospital or a special van in the community for Diabetes Eye Screening. At this appointment photographs will be taken of the back of your eyes. This is how we check that you are not developing problems caused by diabetes that might affect your vision if not discovered. This will be offered to you every year and is very important.
- Discuss whether you would benefit from starting to take a mini-aspirin tablet and a 'statin' tablet every day. These both work to help protect you from the complications of diabetes. They may also recommend that you commence tablets to improve your blood pressure or glucose levels.

Other leaflets you may find useful which are available on the Diabetes Managed Clinical Network website at www.diabetes-healthnet.ac.uk include:

- What diabetes care should you have from your Practice? – Ongoing care for people with type 2 diabetes
- Self Care: What can I do to help my diabetes?

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