



NHS Tayside Diabetes Managed Clinical Network Patient Information Leaflet

What diabetes care should you have from your Practice?

Ongoing care for people 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 for their routine ongoing care.

As part of your ongoing care you should be offered:

- Regular check-ups every 3 – 6 months when the doctor or Practice Nurse will review your diabetes. This will include measuring your weight, blood pressure, urine for protein and microalbumin which helps to check that your kidneys are working well. Also blood tests for your long-term sugar control (HbA1c), cholesterol and kidney function (creatinine and eGFR). They should also check how you are feeling in your mood and how you are getting on with looking after your own diabetes.
- Appropriate advice and medication to keep your sugar, blood pressure and cholesterol under good control.
- A formal check of your feet during at least one of these check-ups each year, including checking the pulses and feeling in your feet. The doctor or nurse should then calculate whether or not you are at increased risk of developing a foot ulcer in the future.
- Referral to a podiatrist, either in the community or at the hospital, if you are at any increased risk of developing a foot ulcer or if you are having difficulty in caring for your own feet.
- The opportunity to discuss the results of all your tests and, if you wish, to agree personal 'goals' for improvement over the coming months.
- A printed summary of your results to take away from your check-up, including a summary of any agreed 'goals'.

- Referral to see a diabetes specialist (doctor or nurse) if your diabetes becomes difficult to control or if you develop complications or problems with your diabetes.
- Once a year (unless you are attending the Hospital Eye Clinic because of eye problems relating to your diabetes) you should receive an appointment by post to attend the hospital or a special van in the community for Diabetic 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. It is a very important part of your care.

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? – For people newly diagnosed with type 2 diabetes
- Self Care: What can I do to help my diabetes?

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