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Preparing for Care Planning

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Your care planning appointment is for you to think about what is important to you, things you can do to live well and stay well, and what care and support you might need to do this.

This letter contains some of your test results and information, along with some questions, to help you think ahead and plan what you would like to discuss at your appointment.

Please bring this to your appointment. The back page will be used to record the summary and the plans you make.

What are the most important things to you at the moment?

These are some things that people may want to talk about, Circle any that are important to you.

Sleep	Driving / Travel	My day-to-day health
Medication	Work / benefits / money	Alcohol
Monitoring my health	Pain	Keeping active and getting around
Healthier eating	Feeling down, stressed or lonely	Relationships/sex life
Pregnancy and contraception	Eating the right amount	Giving up smoking

What else would you like to discuss?

In the boxes overleaf, each of the tests or checks that we have completed to monitor your diabetes are explained. Both your previous and latest results are shown alongside the level of risk for your health that your result may sit within.

The risk levels are shown in colour coded boxes, dependant on your result, you may be within a 'low', 'more risk' or 'high risk' categories. The higher the level, the greater risk you are at of developing complications. Please feel free to write down any questions, thoughts or ideas about each result in the space below each result. This may support the discussions you have with your clinician at you care planning appointment.

BMI: The body mass index (**BMI**) is a measure that uses your height and weight to work out if your weight is healthy.

Previous result	Latest Result	Low Risk	More Risk	High Risk
55	50	20-25	25-30	Above 30

Your questions, thoughts or ideas about your BMI:

WEIGHT: Being overweight can make your condition more difficult to control and can increase risks of other health problems. Being underweight can also increase your risk of health problems.

Previous result	Latest Result
21 kg	25 kg

Your questions, thoughts or ideas about your WEIGHT:

SMOKING: Smoking causes problems with your health in many ways. Stopping smoking is one of the best things you can do to stay healthy.

Current Smoking Status	Low Risk	More Risk	High Risk
Date ceased smoking :	Non-Smoker	Ex/Passive	Tobacco User

Your questions, thoughts or ideas about SMOKING:

MOOD: How you feel can make a big difference to your health. During the last month, have you been bothered by feeling down, depressed or hopeless, or had little interest or pleasure in doing things?

Your questions, thoughts or ideas about your MOOD:

HbA1C: HbA1c is an overall measure of glucose control over the past 8-10 weeks. Levels between 48 and 59 are safest, and have the lowest risk of future health problems.

Previous result	Latest Result	Low Risk	More Risk	High Risk
		Less Than 59	59 - 69	Above 69

Your questions, thoughts or ideas about your HbA1C:

BLOOD PRESSURE: Keeping your blood pressure below 130/80 reduces your risk of health problems (a level below 125/75 is used if you have kidney disease).

Previous result	Latest Result	Low Risk	More Risk	High Risk
		Less than 130/80	130/80–140/90	140/90 or Above

Your questions, thoughts or ideas about your BLOOD PRESSURE:

CHOLESTEROL & BLOOD FATS: Lowering cholesterol can reduce the risk of heart attacks and strokes. Cholesterol lowering treatment is recommended for all people with diabetes aged over 40. The safest level of cholesterol is less than 4.

Previous result	Latest Result	Low Risk	More Risk	High Risk
		Less Than 4	4 - 5	Above 5
Your questions, thoughts or ideas about your CHOLESTEROL:				

KIDNEY TESTS: Your kidneys are tested in two ways

Early Morning Urine Test (ACR): An early morning urine test (Albumin/Creatinine Ratio): ACR results are better if under 3.0.

Previous result	Latest Result	Low Risk	More Risk	High Risk
		Less Than 3.0	3.0 – 5.0	Above 5.0
Your questions, thoughts or ideas about your URINE ACR :				

Blood Test (eGFR): A blood test (eGFR) checks how well your kidneys are working. Ideally your eGFR should be above 60 and be stable.

Previous result	Latest Result	Low Risk	More Risk	High Risk
		Above 60	45 - 60	Below 45
Your questions, thoughts or ideas about your eGFR:				

EYES (Retinal Screening): You should have your eyes checked every year. This check looks for changes to blood vessels at the back of your eye.

Last Screening date:	
Your questions, thoughts or ideas about your EYES:	

FEET: Your yearly foot check looks for problems with blood flow (circulation) or the feeling (nerves) in your feet.

Last Screening date:	08-Jan-2020
Left Foot:	O/E - Left diabetic foot - ulcerated
Right Foot:	O/E - Right diabetic foot at low risk
Your questions, thoughts or ideas about your FEET:	

