



Care Planning

Have you heard about Care- Planning?

Care Planning involves people with diabetes working with their healthcare professionals to make joint decisions and agree how their diabetes will be managed.

Care planning gives you opportunity for to feel more in control of your diabetes putting you in the driving seat.

So what does this mean for me?

Before your appointment:

You will be asked to attend the surgery or clinic about **two weeks** before your yearly diabetes appointment to have all your checks and measurements done usually with a Healthcare Assistant.

Your results are then sent to you in the post.

When you receive your results just take a look at them! **This will give you the chance to be able to think about what the results mean to you and what you might like to discuss.**

1st visit

Information gathering

Health Care Assistant performs tests

Between visits

Information sharing

Results sent to you > 1 week before Consultation allowing reflection

2nd visit

Consultation and joint decision making

With GP or Practice Nurse

Agreed and shared goals and actions (care plan)

care plan agreed

Your Results

Your Diabetes Results

The purpose of this leaflet is to help you know what your results mean, and to help you consider your options to reduce the future chances of complications.

Diabetes Control/HbA1c: Glucose (sugar) travels around your body in your blood. The levels of blood glucose in your blood over the last few weeks can be measured and can show your future risk of developing complications. This test is called HbA1c. The higher the number, the higher the risk. (This is not the same as your blood glucose finger prick level)

6.5	7.0	7.5	7.7	8.0	8.3	8.5	8.7	9.0	9.5% or more
48	53	58	61	64	67	69	72	73	80 mmol/mol or more

Best levels: Between 6.5%-7.0% / 48-53 mmol/mol is associated with your lowest risks of complications for the future.

You can help reduce your HbA1c by:

- taking or adjusting insulin
- taking medication
- being more active
- eating smaller portions
- losing weight
- eating less fat (especially saturated fat)

© Year of Care

Diabetes Care Planning Results Letter

Name: Maureen.....

Your Appointment:

Please bring this to your appointment as it will be used to record what you decide to do to manage your diabetes over the next year and what you would like to discuss at your review.

These are some of the things which people ask about. Circle any which are most relevant to you?

Your mood

Eating the right amount

Giving up smoking

Alcohol within limits

Foot care

Regular physical activity

Sexual Health

Medical check-ups

Taking medication

Avoiding sugary foods

Monitoring glucose levels

Healthier eating

Pregnancy & Conception

What aspects of your diabetes would you like to discuss?

Confused about my tablets

Some of the things you might want to think about before your appointment include:

- Medical check-ups
- Taking medication
- Reducing Carbohydrates
- Monitoring glucose levels
- Healthier eating
- The Results
- Your mood
- Erectile Dysfunction
- Giving up smoking
- Alcohol
- Foot care
- Regular physical activity



At your yearly appointment:

- You will be able to discuss your results and talk about what is important to **you**.
- By the end of the appointment you will have a plan that has been agreed jointly. You might hear this being called your ‘Care Plan’ or ‘Action Plan’.

