

# Living well with type 2 diabetes

## Focus on the items below to live well with diabetes

- Eating healthy foods, including fruit and vegetables
- Being active every day
- Taking action to understand your blood glucose levels, to help you to keep them in your target range
- Following alcohol consumption guidelines, if drinking alcohol
- Quitting or reducing smoking, if smoking
- Emotional wellbeing—living and coping well
- Making regular visits to your GP and other health professionals



# GP Management Plan and annual cycle of care

To make sure you receive an organised approach to your diabetes care, your doctor will use a GP Management Plan. Your Plan will list your health goals, your diabetes health care needs and the actions you can take to help manage the condition.

Without regular checks, diabetes can lead to complications that can affect your whole body, including your kidneys, eyes, feet, nerves and heart. Some checks need to be done every six months, and others just once every year. Some people who have insulin in their management or have diabetes-related complications or other chronic illnesses may need more frequent checks.

Your GP can do most of the checks, but you may also be referred to other health professionals such as a nurse, dietitian, podiatrist, diabetes educator or optometrist.

**Use this record to keep track of your regular diabetes checks.**



Australian Government



07 4573 1900 admin@wqphn.com.au www.wqphn.com.au

# My diabetes annual cycle of care record

Use this record to keep track of your diabetes checks over the next 12 months.

A diabetes annual cycle of care is a checklist for reviewing diabetes management health checks.

Your GP will support you with these regular checks to reduce your risk of diabetes-related complications.

Name:

*Bring this record to your appointment.*

# My diabetes annual cycle of care record

INSERT DATE ▶	Appointment date	Description of each check	How often	Who does the check?	My measures/notes	Check completed
EVERY 6 MTHS	/ /	How am I feeling about my diabetes? Check on my emotional health and wellbeing	Every 6 months	GP, nurse, health worker, allied health provider		
	/ /	HbA1c (blood test) Records average blood glucose level over the previous 3 months <i>#Some people may require this test every 3 months</i>	Every 6 months <sup>#</sup>	GP or endocrinologist or nurse practitioner		
	/ /	Measure waist, weight and height, and calculate Body Mass Index (BMI)	Every 6 months	GP or nurse		
	/ /	Measure blood pressure	Every 6 months	GP or nurse		
	/ /	Foot examination to check on foot health and sensation <i>*This may be more frequent if required</i>	Every 6 months*	GP or nurse or podiatrist		
EVERY YEAR	/ /	Blood fats (blood test to check total cholesterol, including good fats [HDL] and bad fats [LDL], and triglycerides) for heart health	Every year	GP		
	/ /	Microalbuminuria (urine test) for kidney health	Every year	GP		
	/ /	eGFR (blood test) for kidney health	Every year	GP		
	/ /	Diabetes education needs	Every year	GP or diabetes educator		
	/ /	Discuss dietary intake and healthy food choices	Every year	GP or nurse or dietitian		
	/ /	Discuss my physical activity. Am I active every day?	Every year	GP or nurse or exercise physiologist		
	/ /	Check in on smoking status (Quitline referral?)	Every year	GP or nurse		
EVERY 6 MTHS	/ /	How am I feeling about my diabetes? Check on my emotional health and wellbeing	Every 6 months	GP, nurse, health worker, allied health provider		
	/ /	HbA1c (blood test) Records average blood glucose level over the previous 3 months <i>#Some people may require this test every 3 months</i>	Every 6 months <sup>#</sup>	GP or endocrinologist or nurse practitioner		
	/ /	Measure waist, weight and height, and calculate Body Mass Index (BMI)	Every 6 months	GP or nurse		
	/ /	Measure blood pressure	Every 6 months	GP or nurse		
	/ /	Foot examination to check on foot health and sensation <i>*This may be more frequent if required</i>	Every 6 months*	GP or nurse or podiatrist		
EVERY 2 YRS	/ /	Eye examination, to check my eye health and vision Note: minimum of every 2 years or more often as required.	Once every 2 yrs	GP or optometrist or ophthalmologist		