



Personal Diabetes Health Record

*Please bring to all diabetes
related appointments*

Name
Year of Diagnosis
Name of GP and Surgery
Name of Usual Diabetes Nurse

Introduction

If you are interested in recording your progress, please use this booklet to build up a personal record to monitor your progress and plan ahead.

There are two pages related to each review including:

- Notes
- Results
- Goal setting/Action Planning
- Medication changes
- Eye screening details
- Future appointments/blood tests

Please use the notes page before your appointment to jot down any questions or concerns you have.

People with diabetes require a screening appointment once a year. This involves a blood test, followed by an appointment 1-3 weeks later. You will also need a blood test to check your diabetes control 6 months later.

If you are having problems relating to your diabetes, you may require more regular reviews.

We recommend you phone for your results in advance of your appointment and record them in this booklet.

Other content:

Current National targets

page 3

Glossary

Page 14

Ideal Targets for Test Results

Measurements	National Targets
HbA1c Measured in % & mmol/mol	Less than 6.5% Less than 48mmol/mol (This will vary depending on individual situations)
Body Mass Index (kg/m ²)	20-25
Blood Pressure (mmHg) If kidney or eye damage	Less than 140/80 Less than 130/80
Total Cholesterol (mmol/l)	Below 4
HDL (mmol/l)	Male above 1 Female above 1.2
LDL (mmol/l)	Less than 2
Triglycerides (mmol/l)	1.7 or less
Albumin Creatine Ration (mg/mmol)(urine Micro-albumin)	Male below 2.5 Female below 3.5
Glomerular Filtration Rate (GFR)	Above 60

For further information about the above please see the glossary at the back of this booklet.

Date	Annual	Review	Review	Personal targets
HbA1c				
Weight				
Body Mass Index				
Cholesterol				
HDL				
LDL				
GFR				
Blood Pressure				
Urine Micro-albumin Ratio				
Other Results E.g. Triglycerides				
Eye Screening details				

Year 20.....

Goal Setting

What do you want to work on?

What do you want to achieve

How important is it to you?

Not important	1	2	3	4	5	6	7	8	9	10	Important
---------------	---	---	---	---	---	---	---	---	---	----	-----------

Action Plan

What exactly are you going to do?

What might stop you and what can you do about it?

How confident do you feel?

Not confident	1	2	3	4	5	6	7	8	9	10	Confident
---------------	---	---	---	---	---	---	---	---	---	----	-----------

Future appointments including blood tests

Glossary of Tests

Haemoglobin A1c (HbA1c)	A blood test to help determine your long-term diabetes control. It measures your average blood glucose level for the previous 6-12 weeks, by looking at the amount of glucose that attaches to the red blood cells in the body. Generally the lower the better (but not too low).
Body Mass Index (BMI)	BMI expresses adult weight in relation to height. To calculate BMI: $\text{Weight (Kg)} \div (\text{height} \times \text{height})$ in metres. A good result is under 25.
Cholesterol	A substance found in body tissue. Your body needs some cholesterol but too much may cause fat to build up in the artery walls which narrows the artery and can lead to increased risk of heart disease. This does not need a fasting blood sample.
Blood Lipids	Collectively. HDL, LDL, Triglycerides are known as 'blood lipids'
High Density Lipoprotein Cholesterol (HDL)	HDL removes excess cholesterol from the tissues and brings it back to the liver for reprocessing or removal from the body. It is known as 'good' cholesterol.
Low Density lipoproteins Cholesterol (LDL)	LDL transports cholesterol from where it is made in the liver to the tissues of the body that need it. LDL is the major cholesterol transporter in the blood.
Glomerular Filtration Rate (GFR)	A calculation taken from the blood test that shows how well your kidneys clean your blood. The GFR is calculated when you have blood taken to help assess your kidney function.
Blood Pressure (BP)	The pressure of the blood in your arteries. A sample blood pressure is 130/70. If your blood pressure is too high this can cause heart attacks and strokes and may also affect your eyes and kidneys. If too low you may feel dizzy.
Albumin/ Creatinine Ratio (micro-albumin)	A urine test measuring the amount of micro-particles of protein in the urine. Kidneys should filter protein back into the blood and any leakage into the urine indicates that you may have a kidney

	infection, or early signs of kidney damage. A first morning sample in a white top urine bottle is best.
Triglycerides	Fats found in meats, dairy produce and cooking oils are a major source of energy for the body tissues. They are also found in the fat stores of our bodies and are made from scratch in the liver. Like cholesterol, triglycerides are fats that circulate in the blood and high levels can increase the risk of heart disease and strokes. This requires a fasting blood test.
Creatinine	A waste product transported through the blood stream to the kidneys. The kidneys filter out most of the Creatinine and dispose of it in the urine. It is a fairly reliable indicator of kidney function. As the kidneys fail Creatinine will rise, It involves a blood test.