

# Diabetes Passport

East Coast Area Diabetes Integrated Care



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

## Personal Details

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone Number: \_\_\_\_\_

Date of Birth: \_\_\_/\_\_\_/\_\_\_

Year of Diagnosis: \_\_\_\_\_ Type of Diabetes: \_\_\_\_\_

Next of Kin: \_\_\_\_\_

**GP:** \_\_\_\_\_

Surgery Phone Number: \_\_\_\_\_

**Practice Nurse:** \_\_\_\_\_

**Diabetes Day Centre:** \_\_\_\_\_

Phone Number: \_\_\_\_\_

**Consultant:** \_\_\_\_\_

**Diabetes Nurse:** \_\_\_\_\_

Phone Number: \_\_\_\_\_

This booklet is your Diabetes “Passport” and is designed to help you keep track of your condition. Having regular reviews is a vital part of caring for Diabetes and it is important that details of your reviews are recorded. You need this information so that you and the healthcare team working with you are kept up-to-date on your condition.

You are the ideal person to keep a record of your reviews and you can use this Passport to keep the information. Bring your Passport with you to every appointment and make sure the information is filled in every time.

### The following points will help you to get the best value from your review appointments

- Remember to have a fasting blood test taken **one week** before your appointment.
- Always bring the following with you to your appointments:
  - Diabetes Passport.
  - All medications you are taking, including any recent prescriptions.

- Blood glucose meter and record book of blood glucose readings (if you test your blood glucose at home).
- Insulin pen devices (if insulin has been prescribed for you).
- A sample of urine (if requested by your doctor or nurse).
- If you cannot keep your appointment, please cancel and reschedule it as soon as possible. This will allow someone else to have your appointment and help to reduce long waiting lists for appointments.

#### Have you attended a group education

course about Type 2 Diabetes?: Yes

No

If yes, please tick the course you have attended in the box below:

X-Perit  Desmond

CODE  Other  Name: \_\_\_\_\_

Date: \_\_\_/\_\_\_/\_\_\_

## Tests and Targets for Diabetes Control

When you attend for your appointment, you will have several tests:

- Glucose
- Blood Pressure
- Blood Fats
- Kidney Test
- Eye Test
- Foot Examination

Keep a record of your results in your Passport. The following tables and diagrams show you what good result readings are like. You can compare your result with this information.

**You may be given your own individual targets by your doctor or nurse.**

### HbA<sub>1c</sub>

(The HbA<sub>1c</sub> is one of the blood tests taken before your appointment. It is your blood glucose level over a 2-3 month period. It is sometimes called your long-term blood glucose.)

Less than or equal to 53mmol/mol (7%)	Less than or equal to 54 - 69mmol/l (7.1% - 8.5%)	Above 69mmol/mol (8.5%)
<b>good control</b>		<b>poor control</b>

## Tests and Targets for Diabetes Control

### Smoking

If you smoke, your health will benefit from stopping.

### Blood Pressure (BP)

(BP is the force of blood against the walls of arteries.)

Less than  $\frac{140}{80}$  mmHg

### Blood Fats

#### LDL-Cholesterol ("bad" cholesterol)

Without Heart Disease: Less than 2.6mmol/L

With Heart Disease: Less than 1.8mmol/L

#### HDL-Cholesterol ("good" cholesterol)

Men: Above 1.0mmol/L

Women: Above 1.3mmol/L

### Triglycerides (another type of "bad" fat in blood)

Less than 1.7mmol/L

### Alcohol

If you drink alcohol, it is important to drink in moderation. This means:

No more than 17 standard drinks per week for men

No more than 11 standard drinks per week for women

## Tests and Targets for Diabetes Control

### Kidney Tests

These blood and urine tests are done regularly to see how your kidneys are working:

- Creatinine blood test.
- Estimate of Glomerular Filtration Rate (eGFR) is calculated from your creatinine level.
- Micro-albuminuria urine test.

### Eye Test

Every year the blood vessels behind your eyes will be looked at. This is to check that Diabetes is not affecting them. This will be done by the National Diabetic Retinal Screening Programme. Without having this test done, you may not know if these blood vessels are being affected, so it is important to have this test done.

### Foot Examination

The feeling in your feet and the blood supply to your feet are checked every year. You may be advised to see a podiatrist or chiropodist between these check-ups.

## Tests and Targets for Diabetes Control

### Exercise and Body Weight

If you are overweight, losing even a small amount of weight (aim for 5-10% weight loss) and keeping that weight off will improve your blood glucose, blood fats, blood pressure and your general wellbeing. A healthy diet and regular exercise can help you to be a healthy weight. Aim for 1-2lbs weight loss every week until you reach your target weight. Then focus on maintaining the weight loss.

#### **To maintain your weight:**

Work towards 30 minutes of exercise most days of the week

Or 8,000 steps most days of the week  
(measured with a pedometer)

#### **To lose weight:**

Work towards 60 minutes of exercise most days of the week

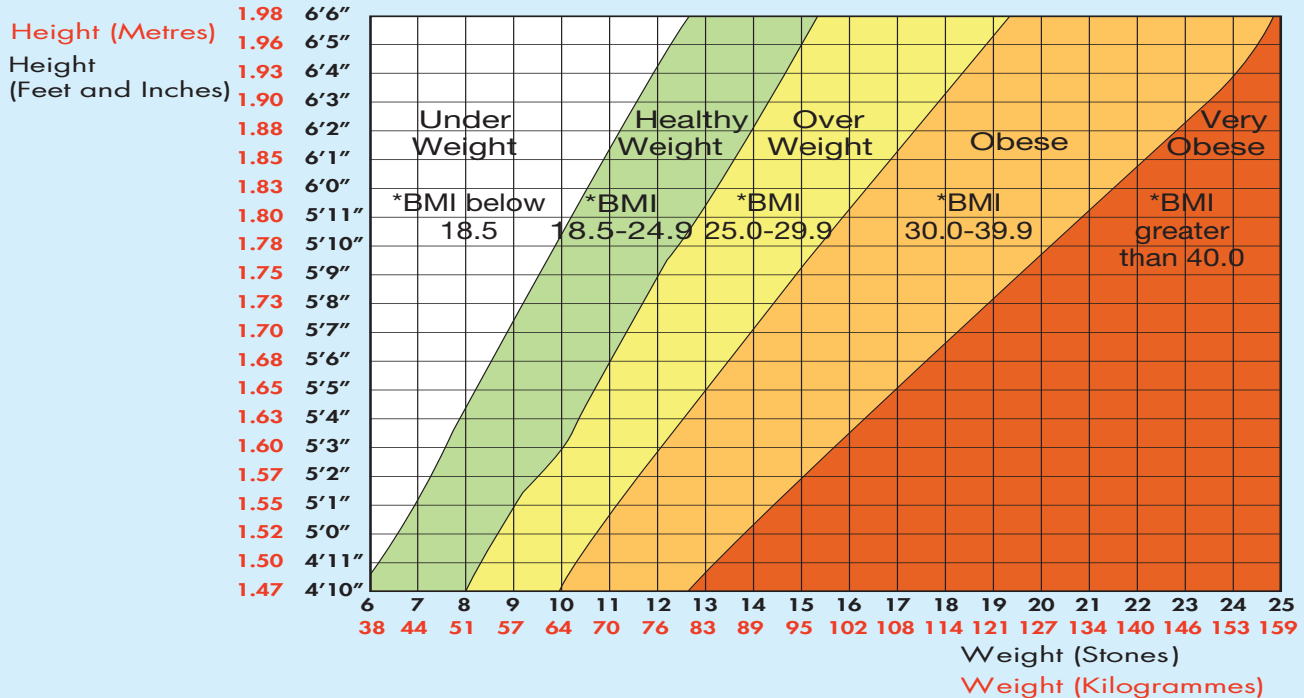
Or 10,000 steps most days of the week  
(measured with a pedometer)

### Health and Well-Being

Taking care of your health and well-being will have a positive effect on your diabetes. We encourage you to discuss any issues you may have around your health and well-being at any review.

## Tests and Targets for Diabetes Control

Use the chart below to check if you are a healthy weight or if you need to lose some weight. Draw a line across from your height. Draw a line up from your weight. Where the two lines meet will show you what section you are in.



\*BMI Body Mass Index

# Medications

(this is not a prescription)

Allergies: \_\_\_\_\_

Date	Medication, Dose, Time	Medication stopped, by whom and reason why	Signature
_ / _ / _			
_ / _ / _			
_ / _ / _			
_ / _ / _			
_ / _ / _			
_ / _ / _			
_ / _ / _			

If you are not taking your medication as prescribed, please discuss with your doctor or nurse.

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If you are not taking your medication as prescribed, please discuss with your doctor or nurse.

# Regular Check-Ups

(see pages 4 - 9 for "Tests and Targets for Diabetes Control")

Date	HbA <sub>1c</sub>	Blood Pressure	Weight (kg)	BMI	Triglycerides	LDL - Cholesterol	HDL - Cholesterol	Creatinine	eGFR	Exercise: minutes each week	Review by

# Regular Check-Ups

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# Yearly Check-Up

	Retinal Screening (eye test)	Foot assessment	Urine: micro-albuminuria (kidney test)	Erectile dysfunction (men)	Well-being review	Flu Vaccine
Date	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___
Result						
Date	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___
Result						
Date	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___
Result						
Date	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___
Result						
Date	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___
Result						

Discuss with your doctor or nurse if your pneumonia vaccine is up to date.

Date of pneumonia vaccine: \_\_\_ / \_\_\_ / \_\_\_

## Useful Contacts

Notes:

### Diabetes Ireland

Tel: 1850 909 909  
[www.diabetes.ie](http://www.diabetes.ie)

### Diabetes UK

[www.diabetes.org.uk](http://www.diabetes.org.uk)

### Health Promotion Unit

[www.healthpromotion.ie](http://www.healthpromotion.ie)

### Irish Nutrition & Dietetic Institute

[www.indi.ie](http://www.indi.ie)

### HSE's National Smokers' Quitline

Tel: 1850 201 203  
[www.quit.ie](http://www.quit.ie)

### National Diabetic Retinal Screening Programme

Free phone: 1800 45 45 55  
[www.diabeticretinascreen.ie](http://www.diabeticretinascreen.ie)

### Getting active

[www.getirelandactive.ie](http://www.getirelandactive.ie)  
[www.myfitnesspal.com](http://www.myfitnesspal.com)  
[www.gpexercisereferral.ie](http://www.gpexercisereferral.ie)

### Weight management

[www.weigh2live.eu/go](http://www.weigh2live.eu/go)

### Aware

Tel: 1890 303 302  
[www.aware.ie](http://www.aware.ie)



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