

Your type 2 diabetes care plan

There are many things that you can do to keep your type 2 diabetes care on track and reduce the risks of developing problems. Here are some suggestions to help you identify what is going well and what you may need some help with.

Where are you with your self care?

Use the checklist below to check where you are in terms of your diabetes management and understanding. If you answer 'NO' to any of the questions, you may like to talk to your doctor or a credentialed diabetes educator, dietitian, psychologist or podiatrist.

How is my lifestyle tracking?		
Eating: I can identify carbohydrate foods and how to manage them across the day?	YES	NO
Physical activity: I am active 30 minutes a day on most days of the week?	YES	NO
Weight: I am at my most healthy weight?	YES	NO
Alcohol: I limit drinking to no more than 2 standard drinks (less than 20g) a day?	YES	NO
Smoking: I am a non-smoker?	YES	NO
Regarding diabetes, I understand?		
My type of diabetes?	YES	NO
My diabetes medications (tablets/injectables)?	YES	NO
My target blood glucose and/or sensor glucose levels?	YES	NO
What to do if lower than target? (Hypo action plan)	YES	NO
What to do if higher than target and/or unwell? (Sick day action plan and if instructed, ketone testing, withholding medication and/or correctional insulin)	YES	NO
My foot risk and how often to have them checked?	YES	NO
Have information about?		
Medical alerting identification (if at risk of hypo)	YES	NO
National Diabetes Services Scheme (NDSS)	YES	NO
Diabetes Australia	YES	NO
Driving and Insurance	YES	NO
My immunisations up to date?		
Influenza, pneumococcal and tetanus	YES	NO

I understand my targets for?		
HbA1c (mmol/L or %)	YES	NO
Blood Pressure (including lying and standing)	YES	NO
Cholesterol (including total cholesterol , HDL, LDL and triglycerides)	YES	NO
My reviews are on schedule?		
Eyes (1-2 yearly)	YES	NO
Kidney (microalbuminuria yearly test)	YES	NO
Feet (circulation & sensation at least yearly)	YES	NO
Medications (Home Medicine Review if needed)	YES	NO
Teeth (yearly)	YES	NO

My diabetes self care

Understanding your diabetes and working in partnership with your health professionals will assist you to tackle the things that are not going so well. Make a list of the things you want to talk about below and take this plan with you to your next appointment.

Area of Concern	Health Professionals - Who to talk to?

Key points to remember

Your health care team is here to help. You may like to take this information to remember what you want to focus on at your next diabetes appointment. You and your doctor can use this information to update your 'education and treatment plan'.

Where can I go for more information?

Diabetes Australia

www.diabetesaustralia.com.au

National Diabetes Services Scheme (NDSS)

www.ndss.com.au

Dietitians Association of Australia

www.daa.asn.au

Australasian Podiatry Council

www.apodc.com.au

Australian Diabetes Educators Association

www.adea.com.au

Department of Health

www.health.gov.au

For more information

Diabetes Service

Rural Support Service

PO Box 287, Rundle Mall

ADELAIDE SA 5000

Telephone: (08) 8226 7168

www.chsa-diabetes.org.au

www.sahealth.sa.gov.au/regionalhealth

