Newly diagnosed with Type 2 Diabetes



What do I need to do now?

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| Topic | What the GP practice will do for you | What you need to do next | Big tickTick when done |
| **Checks at GP practice:**  Weight and BMI  Waist circumference  Blood Pressure  Blood Fats (Cholesterol and Triglycerides)  HBA1c  Kidney function | These form part of your annual review so they will be done a minimum of ONCE a year but some will be done more often. Individual targets will be discussed. | Make appointments as needed |  |
| Diabetes Education course | Give you information about the **FREE Diabetes X-Pert Education** Course held in Stockport. These sessions are essential for all new patients as they will help you understand more about your diagnosis and give you diet and lifestyle advice to manage your diabetes | **Phone 835 6689** to register for a place on the course |  |
| Podiatry | Refer you to podiatry dept or check your feet themselves | Make an appointment for initial podiatry check and then annually |  |
| Eye screening | Enter you on the national diabetes register so you get a PIN number for the service | Make an appointment for initial eye screening and then annually |  |
| Immunisations | Offer you flu and pneumonia jab | Make an appointment to have these done |  |
| Driving | Provide information on driving regulations | Everyone must inform their insurance company that they have diabetes. Also inform the DVLA if you are started on insulin. |  |
| Insurance | Provide information on insurance | Inform your insurance (life/travel /car) that you have diabetes |  |
| ID | Discuss a personal ID to indicate you have diabetes | Consider getting a card/jewellery indicating you have diabetes |  |
| Ongoing support | Monitor your diabetes and refer you onto other services as necessary (e.g Smoking Cessation, psychology, diabetes specialist team) | Ask for help if needed |  |
| Resources | Give you written information to refer to  Eg. ‘What you need to know’ from Diabetes UK | Contact Diabetes UK  [www.diabetes.org.uk](http://www.diabetes.org.uk)  or 0845 123 2399  for more support |  |