

Clinic: DD/MM/YYYY

Follow up: 6 months with interim review by GP, diabetes specialist nurse and dietician.

Thank you for attending.

Your concerns: Poor diabetes glucose control and weight gain.

Glucose control: Over the past 3-4 months blood sugar readings on self-monitoring have been rising, many are now in the teens, your HbA1c has also gone up and this is despite the fact that you have been taking the maximum number of tablets. We talked this through at length and we agreed that it was time to move to injection treatment. We are going to introduce Byetta. We discussed all the pros and cons of Byetta including benefits with weight loss and diabetes control. Our diabetes nurses will see you today and regularly over the next few months to ensure you are stabilised on this treatment and that things improve.

Hypoglycaemia: We discussed what hypoglycaemia was. You have never had a low blood sugar. You are not likely to get one on this new treatment. We have talked about low blood sugars and driving and there are no concerns from that point of view.

Self-monitoring: Please maintain a good pattern of blood testing as we described since this will help us to understand how your diabetes control is improving. Always bring your blood glucose testing book and machine to your clinic appointment.

Weight and lifestyle: You have perhaps let your diet slip a little bit in recent times and you have not been as active as you feel you could be. Please work away at trying to be more active and in trying to reduce your weight. The diabetes specialist nurses will give you additional advice regarding that and you will also be coming back to see our dietician. Please be sure to keep the two week food diary in preparation for that visit.

Eyes: You have some minor changes of diabetes at the back of your eyes. Good diabetes control and blood pressure control are the way to control that. There is no serious cause for concern.

Kidneys: As discussed there is a very minor leak of protein from your kidneys. The kidneys are working perfectly well. Again this is a sign that we need to get your diabetes control and blood pressure control as good as we can.

Feet: You look after your feet well and understand how to self care. You have no problems with the circulation or the nerves in your feet. Continue to take good care of them.

Blood pressure: Your blood pressure was a little higher today. The diet, weight and lifestyle measures we discussed will help you. You are perhaps drinking a little too much alcohol so please think about cutting this back. We did adjust your blood pressure treatment. Please be sure to see your GP to have further adjustment of that treatment to get the control into an acceptable range which is a systolic blood pressure (top number) of less than 140.

Cholesterol: well controlled.

Vascular risk: You have no evidence of any heart or circulation problems.

Other: Your thyroid is well controlled. You are no longer anaemic since you started taking the Vitamin B injections and these should continue long term. I understand that your mood has been low recently possibly because of the problems with your diabetes and this is not uncommon. You can work away at your wellbeing and we can improve your diabetes control but if your mood deteriorates in any way please be sure to see your GP to discuss this further and perhaps consider treatment.

Medications: We have stopped all of your diabetes tablets except the metformin. We will be introducing the new injection treatment. I have increased your blood pressure tablet (Ramipril) and don't forget your blood pressure treatment will need further review by your GP.

Diabetes knowledge: To be covered by the diabetes nurses and dietician.

Agreed actions: As outlined above. Tighten up on diet and weight.

Additional comments for GP: We will be seeing her intensively here but I would be most grateful if you would ensure she hears from them. Please note revision of drugs, introduction of GLP1 agonist therapy and kindly support the modification of her antihypertensive therapy on a regular basis to achieve effective blood pressure control which is highly relevant to her eye and kidney outcomes.

Yours sincerely

Dr.Diab Care
Job Title
Wolverhampton Diabetes Centre

cc: Dr DoGood, Brilliant Care Health Centre, Pinfold Grove, Wolverhampton, WV10 0XY