

Diabetes care plan

Client name:

Date:

Goal of care:

GP

Name:

Clinic:

Phone:

Support to access GP for review of the following:

- HbA1c (every 6-12 months, 3 monthly if required)
- blood pressure (at least every 6 months)
- cholesterol (at least annually)
- kidney health (at least annually)
- diabetes management (at least annually)
- feet (annually or 3-6 monthly if at high risk)
- eye screening (annually)
- weight
- physical activity
- medication review – at least annually
- smoking
- emotional help – as needed
- referral to diabetes or other allied health professionals.

Diabetes Educator

Name:

Clinic:

Phone:

Consider referral for:

- supporting with self-management
- support with changes to living situation or circumstances
- review of medication management
- support with newly diagnosed diabetes, complex or changes to diabetes management or diabetes-related complications
- support with new monitoring technologies such as CGM or Flash GM.

Dietitian

Name:

Clinic:

Phone:

Consider referral for:

- unplanned weight changes/changes in appetite
- nutrition assessment
- diet review if commencing insulin
- food access and/or food preparation support.

Find this resource at ndss.com.au

Podiatrist

Name:

Clinic:

Phone:

Seek urgent medical or podiatry review if you notice:

- redness, infection, cracks, calluses, and ulcers
- cuts or blisters
- toe problems (bunions or claw toes)
- new pain or numbness
- hot or cold feet.

Optometrist

Name:

Clinic:

Phone:

At least every year, however, seek urgent medical review if you notice any of the following:

- flashes of light
- floaters
- blurred or distorted vision
- pain
- redness or swelling.

Dentist

Name:

Clinic:

Phone:

Every 6 months or straight away if you notice:

- poor fit of dentures due to weight loss
- pain or infection.

Exercise Physiologist

Name:

Clinic:

Phone:

Support regular physical activity.

Consider referral for:

- development of safe, effective, individualised exercise plans
- if identified as falls risk.

Social worker, Psychologist or Counsellor

Name:

Clinic:

Phone:

Support for emotional and mental health.

Consider referral for:

- diabetes distress, anxiety, depression.

Find this resource at ndss.com.au