

Information Prescriptions

An easy and evidence-based way to help people with diabetes

Information Prescriptions are personalised pieces of information which are easy to read and have individual goals to help prevent a diabetes-related health complication. They are designed to give people with diabetes the information that they need to understand, engage with and improve on their health targets.

These Information Prescriptions have been adapted from the Diabetes UK Information Prescriptions for Australian use. Currently over 5,000 people a month are using the Information Prescriptions to support their diabetes in the UK.

“When people are enabled to be in the driving seat of their care they invariably make decisions that are right for them and enjoy better personal and health outcomes.”

Sandi Kendall – Practice Nurse

Types of Information Prescriptions

There are ten Information Prescriptions available:

- » Diabetes and your blood pressure
- » Diabetes and your cholesterol
- » Diabetes and your HbA1c
- » My emotions and diabetes
- » Keeping your kidneys healthy
- » Diabetes and kidney disease
- » Contraception and pregnancy
- » Diabetes and your feet – low risk
- » Diabetes and your feet – moderate to high risk
- » Improving your diabetes knowledge.

Where do I find Information Prescriptions?

You can access Information Prescriptions through your clinic medical software, via HealthShare, as well as on the NDSS website ndss.com.au/information-prescriptions.

“The Information Prescriptions help me to plan better if there is a problem with test readings.”

– Patient



How to use the Information Prescriptions

ndss

National Diabetes Services Scheme

An Australian Government Initiative

NDSS Helpline 1800 637 700

ndss.com.au

Diabetes – Keeping your kidneys healthy Information Prescription

Your last two blood test results (eGFR) are: / / / /

Your last two urine test results (ACR) are: / / / /

About a third of people with diabetes go on to develop kidney problems. Blood and urine tests can show early signs of any damage and help you keep your kidneys healthy.

What do my kidneys do?



Your kidneys are filters that remove waste from your body into your urine and keep the things you need, like proteins.

What happens when your kidneys are damaged?

Over time, high blood glucose (sugar) levels can damage the small blood vessels in the kidneys and stop the filters working properly. The first sign of damage is protein leaking into your urine. If spotted early, it can be repaired, so have the tests to check your kidneys at your annual diabetes check-up.

The two tests are:

- a blood test for eGFR (how well your kidneys are filtering)
- a urine test for ACR (how much protein is leaking).

In the early stages of kidney disease, there may be no symptoms. With more advanced kidney disease, you may feel unwell, tired or nauseous, and your hands and feet may look swollen. Even without symptoms of kidney disease, having a reduced eGFR increases your risk of having a heart attack or stroke. Having high blood pressure makes things worse, as it contributes to both cardiovascular disease and further kidney damage.

How can I keep my kidneys healthy?

In the next column are some important things that you can do to keep your kidneys healthy.

- Blood pressure.** Aim to keep your blood pressure within your target range. The target is usually less than 140/90. You may need medication to help keep it in your target range.
- HbA1c.** High blood glucose levels increase the risk of kidney damage. Discuss with your health care team an appropriate target.
- Stop smoking.** For help quitting, ask about your local quit smoking service or call the Quitline on 137848.
- Cholesterol.** Lowering bad cholesterol is important to keep you healthy. You may need a tablet called a statin.

Eat a healthy balanced diet

- Eat a variety of vegetables and fruit. Aim for five serves of vegetables and two of fruit every day.
- Reduce salt: eat less fast food, choose low-salt options, and avoid adding salt at the table.
- Aim for at least two to three serves of oily fish a week.
- Eat less fatty food, processed meats, full-fat dairy, creamy sauce, deep fried foods, pastries.
- If you drink, cut down on alcohol.
- Stay hydrated – water is best.

Get more active

- Aim for 30 minutes physical activity most days of the week to raise your heartbeat. Activities like walking fast and cycling all count. Add some activity that strengthens your muscles, like gardening or yoga, twice a week.

Record the test results

Discuss the activities for improving and supporting health outcomes

Identify two health activities or goals to work towards

My next steps

Discuss with your diabetes health care team two actions you are going to focus on (think about what, where, when and how):

1 _____

2 _____

Name: _____ Health professional: _____ Review date: _____

Find this resource at ndss.com.au

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