

HbA1c aim = 48-53mmol/mol

History

- Background
 - Diabetes type
 - Do they monitor capillary glucose?
 - Current treatment
 - Other medical problems/medications
- Control
 - Capillary glucose measurements
 - HbA1c readings
 - Any admissions with DKA/HHS/hypoglycaemia
 - Coping and compliance with regime
- Macrovascular complications
 - Stroke/TIA
 - MI
 - Claudication
- Macrovascular complications
 - Eyes
 - Kidneys (note deterioration can reduce insulin/hypoglycaemic agent excretion and lead to hypoglycaemia)
 - Neuropathy/feet
- Other cardiovascular risk factors
 - Smoking
 - Diet
 - Weight
 - Cholesterol
 - Blood pressure
- Other issues
 - Planning pregnancy
 - Sexual dysfunction

Examination

- Weight, height, BMI
- Urinalysis (protein, ketones, nitrites)
- Insulin injection sites (lipodystrophy)
- Cardiovascular
 - Pulse
 - Blood pressure
 - Heart sounds
 - Carotid bruits
- Eyes
 - Xanthelasma/cataract/ophthalmoplegia
 - Visual acuity
 - Ophthalmoscopy (diabetic retinopathy)
- Feet
 - Inspect: shoes, skin (ulcers, infection, pallor, fissures), nails (dystrophy), webspaces (cracked, maceration), deformity (Charcot joint)
 - Arteriopathy: temperature, pulses, capillary refill
 - Neuropathy: 10g monofilament, vibration, proprioception, ankle jerks

Investigations

- HbA1c
- Lipid profile
- Renal function
- Urine albumin-creatinine ratio

Treatment plan

- Review medication and make any changes – see notes on [insulin prescribing](#) and [oral hypoglycaemics](#)
 - Aim HbA1c 48-53mmol/mol
 - Upper of range is on drug associated with hypoglycaemia, lower if not

- Educate patient about diabetes, monitoring, treatment and complications
- Address other cardiovascular risk factors – consider:
 - Statin → If type 1: >40y/diabetic for >10y/nephropathy/cardiovascular risk factors
If type 2: QRISK2 score >10%
 - Anti-hypertensives → aim < 135/85mmHg
 - Aspirin → if cardiovascular disease
 - Weight loss/exercise/diet
 - Smoking cessation
- Refer if needed
 - Ophthalmologist
 - Dietician
 - Footcare team
 - Educational team
- Any patient worries/concerns