

TO BE PHOTOCOPIED

Patient details:

Name:

**Education checklist for diet/tablet treated diabetes**

<b>Introduction</b>	<b>Date</b>	<b>Signature</b>	<b>Comment</b>
<b>What is diabetes?</b>			
Explanation of disease process			
<b>Tablet Treatment</b>			
Action of tablets			
Dose			
When to take Side effects			
<b>Diet</b>			
Basic dietary advice			
Detailed dietary advice (offer appointment with Specialist Dietitian for Diabetes)			
Advice on weight management			
Alcohol			
<b>Testing</b>			
Name of meter			
Blood glucose testing			
Timing/frequency			
Recording results			
Interpreting results			
Safe disposal of lancets Quality control of meter			
<b>Hyperglycaemia</b>			
Signs/symptoms			
Causes			
Prevention			
Illness			
Sick day rules			
<b>Referrals</b>			
Structured education			
Retinal screening			
Information on Change for Life			

## Education checklist for diet/tablet treated diabetes (cont ....)

Exercise			
<b>Hypoglycaemia if treated with sulfonylurea</b>	<b>Date</b>	<b>Signature</b>	<b>Comment</b>
Causes			
Recognition			
Avoidance			
Treatment with Glucogel			
Effect of exercise			
<b>General</b>			
Driving - DVLA - Insurance - Hypos			
Employment			
Retinopathy screening			
Benefits			
Free prescriptions			
NHS podiatry services			
Foot care information			
Smoking cessation advice			
Erectile dysfunction			
Contraception			
Pregnancy			
Pre-pregnancy counselling			
Holidays/travel			
Complications			
Annual review			
Exercise			
HBA1c			
Diabetes UK			