



**Wolverhampton
Diabetes Care**

What Care to Expect

The Annual Review

- People with diabetes should have a systematic review of all issues relevant to their diabetes health care completed within each year.

The content and frequency of review will vary according to the particular needs of the patient. As a minimum, within any year the following should be included:

- a check on all relevant lifestyle issues such as diet, weight, exercise and smoking habits
- a full review of glycaemic control including HbA1c, and hypoglycaemia
- a check on self- monitoring
- a check on weight, blood pressure, lipid status, cardiovascular risk, vision and retina (with dilated pupils), foot health and renal status.
- a full review of all medication and treatment
- a review of any targets, agreement of them with the patient and the necessary changes needed to achieve them
- a discussion about any problems and concerns and to address patients' questions
- continuing and updated education on diabetes as needed for either the patient or their important family and carers.
- a clear treatment plan through to the next visit that is agreed with and fully explained to the patient

Review Checklist

Measure	Minimum Frequency
Hba1c	4 monthly
ACR	annual
Creatinine	annual
cGFR	annual
Cholesterol	annual
HDL – Cholesterol	annual
Smoking status	annual
Macro vascular status	annual
CHD – risk score	annual
Height	once
Weight	4 monthly
BMI	4 monthly
BP	4 monthly
Eyes	annual
Feet	annual
Review educational needs	annual
Review and set treatment plan	annual