

Name**NHS Number****Date**

Type 1 Diabetes Consultation Tool

This form will help you and your health care professional to plan your diabetes care. Please let us know if you would like any assistance to complete this form.

Part 1: Please fill this part out before you go into your consultation

Q1 Please tell us what would you like to discuss at your appointment today?

Q2 Have you had any hospital admissions due to diabetes in the last 12 months?

Yes No

Q2a If **yes** how many and when?

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Q3 Have you been offered a referral to a structured education course e.g. DAFNE?

Yes

No

Q3a If **yes** when did you complete the course or complete a refresher?

Q4 Please indicate on the scale how confident you are in carbohydrate counting?

NOT CONFIDENT

1

2

3

4

5

6

7

VERY CONFIDENT

Q5 How many hypos have you had in the last year that you were unable to treat by yourself?

Q6 Please indicate on the scale how aware you are of when your hypos are commencing? (Gold Score)

ALWAYS

1

2

3

4

5

6

7

NEVER

Q7 What is your blood sugar level **on average** when you notice you are having a hypo?

Below 2.2 mmol/L

2.2 - 2.7 mmol/L

2.8 - 3.3 mmol/L

Above 3.3 mmol/L

Q8 Living with diabetes can sometimes be tough. There may be many problems and hassles concerning diabetes and they can vary greatly in severity. Please consider the degree to which each of the 2 items below may have distressed or bothered you **IN THE LAST 4 WEEKS** and circle the appropriate number.

Below 2.2 mmol/L

2.2 - 2.7 mmol/L

2.8 - 3.3 mmol/L

Above 3.3 mmol/L

Q8a Feeling overwhelmed by the demands of living with diabetes

1 Not a Problem

2 A Slight Problem

3 A Moderate Problem

4 A Somewhat Serious Problem

5 A Serious Problem

6 A Very Serious Problem

Q8b Feeling that I am often failing with my diabetes routine

1 Not a Problem

2 A Slight Problem

3 A Moderate Problem

4 A Somewhat Serious Problem

5 A Serious Problem

6 A Very Serious Problem

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Part 2: You and your healthcare professional will fill this part out together

Number of severe hypos in past 12 months (Q5)	Gold score (Q6)	Today's HbA1c: (can be from within last 6 weeks)	"Living with diabetes" score (DDS) (average of Q8a and Q8b)
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Complications

Q9 Please tick existing complications:

- | | |
|---|--|
| <input type="checkbox"/> No complications | <input type="checkbox"/> Peripheral vascular disease |
| <input type="checkbox"/> Microalbuminuria | <input type="checkbox"/> Retinopathy
R___ M___ P___ |
| <input type="checkbox"/> Proteinuria | <input type="checkbox"/> Gastroparesis |
| <input type="checkbox"/> Stroke/Transient Ishaemic Attack (TIA) | <input type="checkbox"/> Peripheral neuropathy |
| <input type="checkbox"/> Ishaemic heart disease | |

Structured education and therapy:

Q10 Structured education status (Q3 and Q3a):

- Completed course or refresher course Date: _____
- Referred Date: _____
- Declined Date: _____

Q11

- CSII (Pump) _____
- MDI _____
- RT-CGM _____

Care Processes: (Please add values if known)

Q12 Please indicate which checks you have received in the past 12 months?

- Blood Pressure BMI (body mass index) _____
- Cholesterol Foot check _____
- Urine ACR (Urine protein) Smoking cessation _____
- HbA1c Retinal screen _____
- eGFR/Cr (kidney function) _____

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Clinical Notes:

BP

Consider

CBG

Erectile dysfunction

Testing frequency

Exercise

Alcohol

CHOL

Driving

Medication changes

Pre-conception planning

Injection sites

EGFR

URINE ACR

BMI

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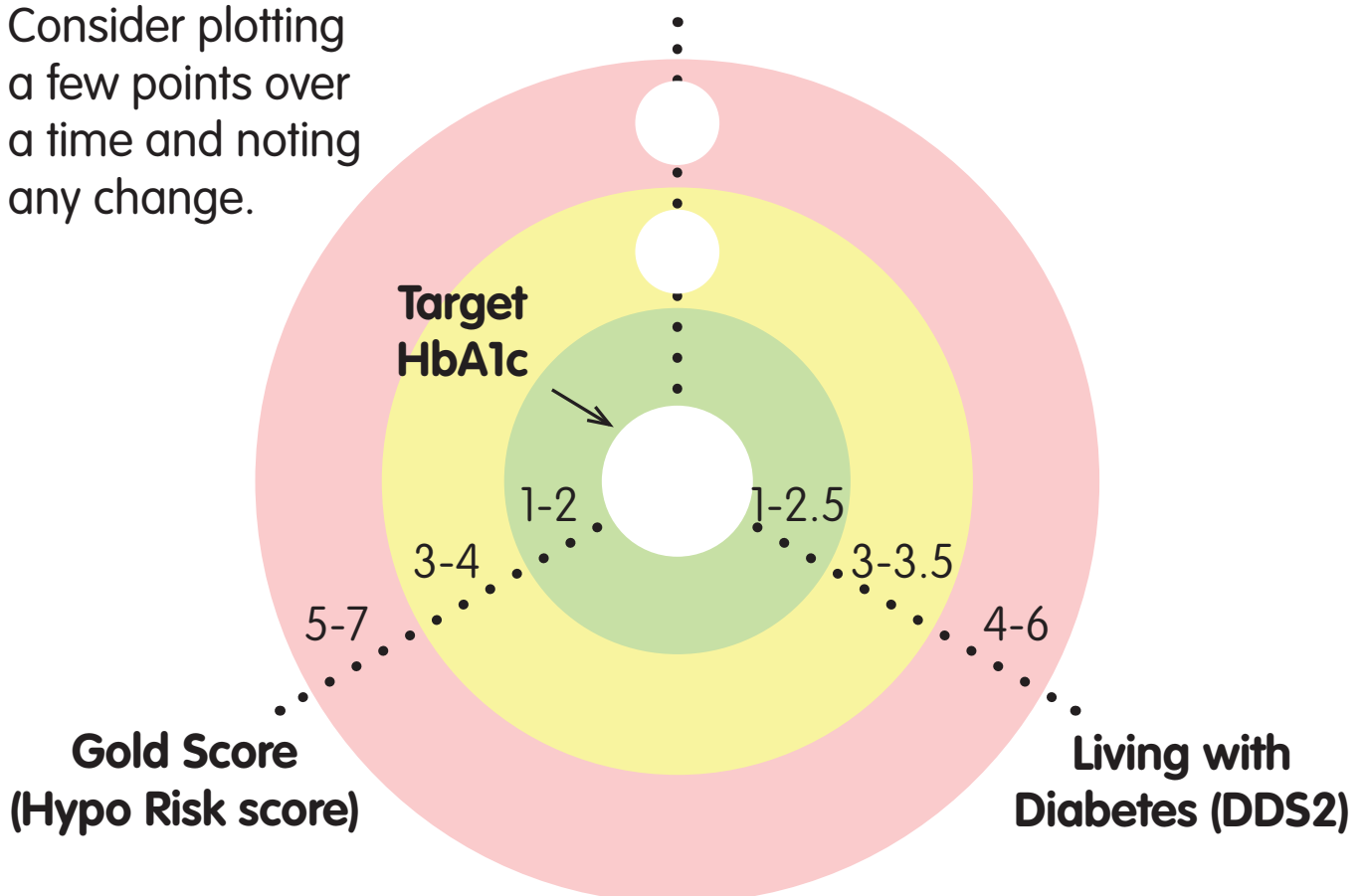
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Part 3: You and your healthcare professional will fill this part out together

Your personal care plan, you may take this section home with you

Individual HbA1c scale

Consider plotting a few points over a time and noting any change.



Suggested HbA1c scale

>9.0%
> 75 mmol/mol

<6.5% or 7.5 – 9.0%
<48 mmol/mol or
58-75 mmol/mol

6.5%-7.5%
48-58 mmol/mol

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Agreed care plan

Action for patient:

Action for GP:

Action for diabetes team:

Next appointment / Who to contact with any questions or concerns

Agreed target HbA1c:

Date for follow up: