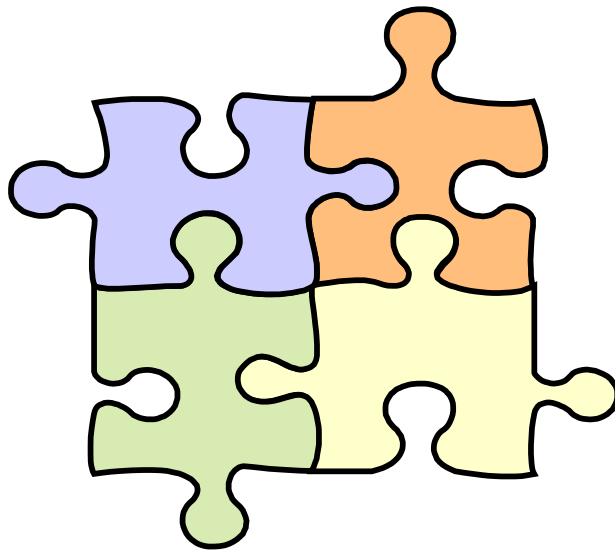


Type 2

Diabetes and Coronary Heart Disease

Risk Assessment Care Plan



Name: _____ DOB _____

IW No: _____

TO REDUCE MY RISK OF PROBLEMS WITH MY DIABETES

EAT REGULAR MEALS BASED ON STARCHY FOOD



Wholemeal Bread



Rice



Cereal



Pasta



Potatoes

EAT SOME LOW FAT DAIRY FOOD



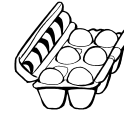
Skimmed



Low fat cheese



Yoghurt



Eggs

EAT PROTEIN - MEAT AND FISH (TRIM OFF FAT)



Chicken



Fish



Pork



Beef



Lamb

GRILL, STEAM, OVEN BAKE FOOD, INSTEAD OF FRYING

EAT MORE FRUIT AND VEGETABLES



Eat at least 5 portions of fruit and vegetables a day

Name: _____

DOB _____

IW No: _____

TO HELP YOUR HEART



CUT DOWN on fatty foods (chips, butter, margarine, cheese, fatty meat like pork, burgers, sausages).

Try to limit yourself to one per week



CUT DOWN on sugar or foods that contain sugar.



Try to limit yourself to one per week

CUT DOWN salt as salt will increase your blood pressure.



Don't cook with salt . Add after cooking if you must have it.

CUT DOWN on alcohol (one glass of wine or ½ pint normal strength beer).



Maximum for women 1 – 2 per day
Maximum for men 1 – 3 per day

Maximum for women 1 – 2 per day
Maximum for men 1 – 3 per day

NEVER DRINK ALCOHOL ON AN EMPTY STOMACH

Name: _____

DOB _____

IW No: _____

POSSIBLE EFFECTS OF HIGH BLOOD SUGAR CAN BE MADE WORSE BY:



Lack of exercise



High Blood Pressure
and high cholesterol



Being overweight

This can lead to:

RISK HEART DISEASE



- Can lead to heart failure/heart attacks
- Strokes
- Eye disease
- Kidney damage

MINIMISING RISK

- Regular, gentle exercise (walking, swimming) up to 30 minutes a day
- Stop smoking
- Take your tablets regularly for blood pressure and blood sugar
- Have breakfast, lunch, dinner and a light supper (piece of toast or banana).
- Keep blood sugar below 9 mmols
- Reduce fat and salt
- Reduce alcohol

RISK: DETERIORATION IN WHAT YOU CAN SEE.



MINIMISING RISK

Keep blood sugar below 9 mmol
Keep blood pressure below 140/80

Name: _____

DOB _____

IW No: _____

**RISK
DAMAGE TO FEET**

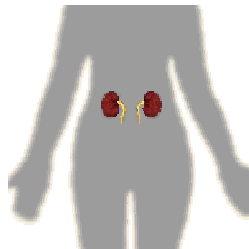
X
Loss of feeling to the feet
Increase risk of ulcer



MINIMISING RISK ✓

- Wear comfortable, well fitting footwear
- Inspect your feet daily for cuts, sores, - report to G.P.
- Keep blood sugar below 9 mmol
- Regularly see chiropodist
- Eat balanced diet

**RISK X
DAMAGE TO KIDNEYS**



Minimising Risk ✓

- Eating a good diet that is Low in fat and sugar
- Include fruit, vegetables, pasta, bread fish.
- Keep blood sugar below 9 mmol
- Keep blood pressure down
- Take your tablets.

Name: _____ DOB _____

IW No: _____

WHAT _____ NEEDS TO DO TO IMPROVE THEIR HEALTH

Management guidelines:

1. Keep blood sugar below 9 mmol.
2. To follow the health advice provided to from Diabetes Nurse, Community L.D. Nurses, and and C.S.W
3. To attend regular medical appointments to include Diabetes Clinic, blood pressure, eye check and chiropody, supported by when required.
4. To continue to receive help from to help choose healthy food to maintain their diabetic control.
5. To constantly eat a healthy, balanced diet, which is low in fat, sugar and salt and increase their physical activity.
6. All professionals involved to use the same language with, stating the facts in a simple clear way.

Summary

..... has been given all the health advice to help them control their Diabetes. This information has been given in a language that they understand. He/she is able to tell you what may happen to them if they continue to not carry out this advice and has a reasonable understanding of the risk factors when they eat "treats".

..... is able to make informed choices and often does. It is our opinion that they do have capacity to understand their condition and the likely risks to their health.

..... often chooses not to follow the health advice given to them.

Name: _____

DOB _____

IW No: _____

BLOOD SUGAR

	32 DANGEROUSLY POOR	STOP Eating treats – Cake, chocolate, chips, biscuits
	16 VERY POOR	
	14 POOR	
	12 VERY BAD	THINK About what you have eaten. Increase pasta, potatoes, brown bread until blood sugar is below 9
	10 BAD	
	8 GOOD	Keep eating As you are And remember to exercise.
	6 VERY GOOD	
	4 EXCELLENT	

**IF ABOVE 14 CONTACT YOUR PRACTICE NURSE
OR G.P. FOR ADVICE.**