

# Kiltearn Medical Centre

Church View Primary Care Centre

Off Beam Street

Nantwich Cheshire CW5 5NX

## Monitoring of Long Term Conditions

You have been diagnosed with **Diabetes** which is termed a 'Long Term Condition' you may also see it referred to as a chronic disease.

Once your treatment has been stabilised you will receive an invite from Kiltearn each year approximately the month before your birthday. This will be followed by a message 6 months later asking you to have a blood test and submit a blood Pressure reading. Reviews are very important as they ensure that the treatment plan remains appropriate for the management of your condition.

### What will happen at my review?

The first review will require you to be seen by one of our Nursing Support Team

- Blood sample taken
- Foot Check
- Height and Weight
- Vaccination status
- Blood Pressure and Pulse Check
- Urine sample for analysis (preferable first void of the day)
- Lifestyle questions and advice
- Reminder to attend retinopathy screening

The second part will be with one of our diabetes nurses and may be a phone call or face to face depending on preference

- Blood results and investigations will be explained to you
- Discussion about your treatment
- Agreement of management plan
- Chance to ask questions about your condition

The interim review every 6 months is a blood test and Blood pressure check to ensure that the medication you are taking remains appropriate. If your bloods or blood pressure show that there is a need for an adjustment of your medication the nurse will contact you to discuss.

Although you will be invited for a review if at any point you feel your diabetes is not controlled, please make an appointment to see one of our nurses. You do not need to wait until your next review is due.

**Failure to attend regular reviews will mean that we cannot guarantee that your medication is being safely prescribed and may therefore have to decline your medication requests.**