

Kiltearn Medical Centre

Church View Primary Care Centre

Off Beam Street

Nantwich Cheshire CW5 5NX

Monitoring of Long Term Conditions

You have been diagnosed **Non Diabetic Hyperglycaemia (also known as Pre Diabetes)** which is considered a 'Long Term Condition' you may also see it referred to as a chronic disease.

Non Diabetic Hyperglycaemia is where your blood glucose levels are above normal but are not in the diabetic range. Regular monitoring and lifestyle changes can help to prevent you becoming diabetic. You will receive an invite from Kiltearn each year approximately the month before your birthday.

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
- Urine sample for analysis (first void of the day)
- Lifestyle questions and advice
- Blood Pressure and Pulse Check
- Height and Weight

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

- Blood and investigation results explained to you
- Discussion about your treatment
- Discussion about **Healthier You NHS Diabetes Prevention Programme**
- Chance to ask questions about your condition

Although you will be invited for a review, if at any point you feel your Long Term Condition is not controlled, please make an appointment to see one of our clinicians. 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.