

# Your care plan

There are many things that you can do to keep your diabetes care on track. Here are some suggestions to help you identify what you can do to reduce the risks of developing problems from diabetes and how to keep track of your self care and your medical care.

## Where are you with your self care?

How healthy is your lifestyle?		
Exercise: 150 min per week	YES	NO
Eating: low fat, small meals	YES	NO
Weight: healthy range	YES	NO
Waist: under 102cm for men, 88cm for women	YES	NO
Alcohol: no more than 2 standard drinks a day	YES	NO
Smoker – if so, will QUIT	YES	NO
Do you understand?		
Your type of diabetes	YES	NO
Your blood glucose results	YES	NO
Your medications	YES	NO
Your foot care	YES	NO
Your sick day plan	YES	NO
Driving and insurance requirements	YES	NO
Do you want to join?		
Medical Alerting Organisation	YES	NO
The National Diabetes Services Scheme (NDSS)	YES	NO
Diabetes – South Australia	YES	NO

Where are you with your medical care?

Are your ABCss on target?		
A1c test Under 7%	YES	NO
Blood Pressure Under 130/80	YES	NO
Cholesterol Total under 4	YES	NO
aspirin daily	YES	NO
Non-Smoker	YES	NO
Are your reviews on schedule?		
Eyes (1-2 yearly)	YES	NO
Kidney (Microalbuminuria yearly test)	YES	NO
Feet (Circulation & sensation yearly)	YES	NO
Medications (pharmacist review if over 5 kinds)	YES	NO
Teeth (yearly)	YES	NO
Are your immunisations up to date?		
Flu (yearly)	YES	NO
Pneumonia (5 yearly)	YES	NO
Tetanus (after age 50)	YES	NO

