



**Diabetes care**

*Annual review*

**The diabetes care technician (DCT)**

Hi Toby do you want to come through.

**Toby (a person with Type 1 diabetes)**

Hi Ya.

**DCT**

How are you, alright?

**Toby**

Very well thank you.

**DCT**

Right then, it's annual review time.

Now you've already had your blood pressure checked today and that was absolutely fine.

Your urine test was absolutely fine, no problems there at all.

Your weight has gone up a little bit, when was the last time you saw a dietician?

**Toby**

About six months ago.

**DCT**

Ok, that's lovely.

Right, so what's your current diabetic medication?

**Toby**

I'm on the Novorapid, and then Glargine in the evening.

**DCT**

And then Glargine, lovely.

So how much of the Novorapid are you having?

**Toby**

8 units three times a day.

**DCT**

And then of the Glargine?

**Toby**

14 units before bed.

**DCT**

And you test your blood at home?

**Toby**

Yes.

**DCT**

And what kind of ranges do you get?

**Toby**

Between 3 and 19.

**DCT**

OK, so they are quite erratic then?

**Toby**

Yes.

**DCT**

How often is the 3 happening?

**Toby**

Once sort of every two or three weeks.

**DCT**

But you still get a good recognition and you know that you're going low?

**Toby**

Yes.

**DCT**

And are you a smoker at all?

**Toby**

No.

**DCT**

Excellent.

Are you on any other medication?

**Toby**

No.

**DCT**

Anything for high blood pressure or cholesterol?

**Toby**

No, none at all.

**DCT**

Excellent.

Right, if you would just like to stand up for me, we'll have a look at your injection sites.

Do you just do your tummy?

**Toby**

Yes and my arms occasionally.

**DCT**

Now, it's a little bit bruised there, do use new needles every time?

**Toby**

I change them every time. Yes.

**DCT**

Good.

There are no lumps or bumps though.

Let's have a look at your arm. Just relax your arm for me.

Do you do it about here?

**Toby**

Yes.

**DCT**

That's fine, no problem.

Just need to measure your waist.

Pull your shirt up for me.

OK, that's great.

Right that's us finished. If you would just like to take a seat outside the doctor will call you through shortly.

**Toby**

OK, thank you.

**DCT**

Goodbye.