

Diabetes Healthcare Checklist



This guide helps you keep track of important health checks and appointments. Use it as a general guide — your health professional may recommend a different schedule based on your individual needs.

Diabetes education

A diabetes educator can help you understand and manage your diabetes. This includes information and training in glucose monitoring and new diabetes technology, how medication works, and factors that can affect your diabetes.

An educator can provide lifestyle education and emotional support as well as help with insulin commencement, injection site rotation, managing lipohypertrophy (fatty lumps), reviewing insulin regimens and creating a sick day plan.

Daily self-checks

Blood glucose: Monitor your glucose levels meaningfully. How often to monitor should be decided with your healthcare team.



Foot check: Check your feet every day. Report to your GP or podiatrist any swelling, redness, skin breaks, pain or signs of infection. Protect your feet in well-fitting socks and shoes. See your podiatrist at diagnosis and if there are any problems.



Mouth check: Check your mouth every day for signs of swelling, tenderness or bleeding gums. Brush and floss your teeth every day. See your dentist at diagnosis and if there are any problems.



Ketone check (Type 1 or type 2 advised by their diabetes team): Check for blood ketones when unwell even if glucose level is in target or if glucose level is more than 15mol/L even if you feel well. Follow your sick day plan if ketones are present.

Wellbeing: How are you feeling today? Diabetes can be really tough to live with. Be kind to yourself. You might like to talk to your family or friends about how you feel and how they can support you.



Every 3–6 months

HbA1c check: HbA1c is an average of your blood glucose over a two-to-three-month period. Have your HbA1c levels checked by your GP or endocrinologist every 3 months (type 1) or every 3–6 months (type 2).



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Blood Pressure check:

Have your blood pressure checked and recorded by your GP at every visit, or at least once every 3–6 months.



Wellbeing check: Diabetes isn't all about the numbers. How you feel matters too. Your diabetes health professionals are there to help you with all aspects of your diabetes, including how you feel about it. If you feel comfortable, share your feelings with them — they should give you non-judgmental support and advice.



Every 6 months

Dental check: Visit your dentist at least every six months for a check-up and clean to help prevent any oral health problems (even if you wear dentures).



Medication review: Ask your GP or endocrinologist to review your medication type and dosage every six months. Your medication requirements may change.



Insulin review: Speak to your endocrinologist or diabetes educator to review insulin rates, ratios and doses as insulin requirements change over time. Insulin regimens may include once, twice and multiple daily injections or the use of insulin pumps.



Every 6–12 months

Foot check: Visit a podiatrist every six to 12 months to check footwear, the skin, nerves, blood flow and bones and shape of your feet.



Every 12 months

Cholesterol ratio: HDL & triglycerides: Ask your doctor to measure the cholesterol and triglyceride levels in your blood.



Kidney function: Ask your GP or endocrinologist to check your kidney function with urine and blood tests. Your urine will be checked for protein (a sign of kidney problems) and your blood checked for kidney function. Early detection and treatment of kidney problems can help prevent further damage.



Heart health: Discuss cardiovascular risk factors with your GP.



Every 1–2 years

Eye check: After your initial eye check at diagnosis, visit an optometrist or ophthalmologist at least every two years (more often if advised or if you notice changes to your vision). Aboriginal people with diabetes should have an eye check at least once every 12 months. Regular visits can help detect and treat any changes early.



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Thyroid function test: Ask your GP or endocrinologist for a thyroid function test every one to two years.



Coeliac screening (type 1 only): People living with type 1 diabetes have an increased risk of developing coeliac disease. Ask your doctor to check your blood for antibodies for coeliac disease every two years.



Diet and lifestyle

Dietitian review: Visit a dietitian to learn more about how food affects your glucose levels, to review healthy eating plans (especially if you are trying to lose weight), and to review your carb counting skills, if applicable.



Physical Activity: Physical activity is important for your heart, blood pressure, circulation, weight and general wellbeing. It also helps lower blood glucose levels. Be active every day and in as many ways as you can. Speak to your diabetes health professional about exercising safely to reduce diabetes related complications and hypo risks.



Smoking: People with diabetes are at greater risk of heart and circulation problems. Smoking further increases the risk. If you would like some help to quit smoking, speak to your **GP** or call **Quitline** on **13 78 48**.



Pregnancy

Pre-pregnancy planning: See your diabetes team at least six months before trying to conceive.

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Vaccinations

Vaccines provide immunity from diseases. Some diseases can be more severe in people with diabetes and can cause glucose levels to rise. Some vaccines such as the influenza vaccine are free for people with diabetes, whilst other vaccines are not. Speak to your GP about recommended vaccines.



Support and resources

Peer support: Many people find that talking with other people with diabetes is very helpful. Find out about support groups in your area by calling Diabetes Victoria on **1300 437 386**.



Ambulance membership:

Make sure your ambulance membership is up to date by contacting Ambulance Victoria on **1300 366 141** or by checking with your private health fund if this is covered.



Resources

The Diabetes Victoria website has information sheets, resources and educational events about living with diabetes: **diabetesvic.org.au**



Diabetes Victoria membership

Stay up-to-date with the latest in all things diabetes - from management and nutrition to technology and research, we are here to support you! Find out more or join today call **1300 437 386** or visit **diabetesvic.org.au/membership**

Diabetes Victoria Clinic

At the Diabetes Victoria Clinic, our expert diabetes health professionals provide personalised, evidence-based care tailored to your lifestyle and health goals. We support you in developing a management plan that helps you stay healthy, lower your risk of diabetes related complications, and live well with diabetes.

To contact the clinic or book an appointment, phone **1300 153 123** or email us at **clinic@diabetesvic.org.au**

Target guide

Work with your health professional to set the right targets for you. You can note them here.

Blood pressure:

Cholesterol/triglycerides:

Blood glucose:

HbA1c:

Weight and waist circumference: