Type 2 Diabetes and Coronary Heart Disease Risk Assessment Care Plan
<table>
<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Date of Birth</td>
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<tr>
<td>Address</td>
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<tr>
<td>Hospital Number</td>
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<tr>
<td>CLDN</td>
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<tr>
<td>Diabetic Nurse</td>
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<tr>
<td>Consultant</td>
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<tr>
<td>Care Manager</td>
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<tr>
<td>C.S.W</td>
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<tr>
<td>Chiropodist</td>
<td></td>
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<tr>
<td>G.P.</td>
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<tr>
<td>Date Completed</td>
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<table>
<thead>
<tr>
<th>Who is at risk?</th>
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<tbody>
<tr>
<td>How at risk?</td>
<td>Example:</td>
</tr>
<tr>
<td></td>
<td>Non-compliance to = medication</td>
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<tr>
<td></td>
<td>= diet</td>
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<tr>
<td></td>
<td>= exercise</td>
</tr>
<tr>
<td>Name:</td>
<td>Date of birth</td>
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<td>BSUH Number:</td>
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**To reduce my risk of problems with my diabetes**

**Eat regular meals based on starchy food**

<table>
<thead>
<tr>
<th>Wholemeal bread</th>
<th>Rice</th>
<th>Cereal</th>
<th>Pasta</th>
<th>Potatoes</th>
</tr>
</thead>
</table>

**Eat some low fat dairy food**

<table>
<thead>
<tr>
<th>Skimmed Milk</th>
<th>Low Fat Cheese</th>
<th>Yoghurt</th>
<th>Eggs</th>
</tr>
</thead>
</table>

**Eat protein - meat and fish (trim off fat)**

<table>
<thead>
<tr>
<th>Chicken</th>
<th>Fish</th>
<th>Pork</th>
<th>Beef</th>
<th>Lamb</th>
</tr>
</thead>
</table>

**Grill, steam or oven bake your food, instead of frying**

**Eat at least 5 portions of fruit and vegetables a day**
### To help your heart

**CUT DOWN on fatty foods (chips, butter, margarine, cheese, fatty meat like pork, burgers, and sausages).**

- Try to limit yourself to one per week

**CUT DOWN on sugar or foods that contain sugar.**

- Try to limit yourself to one per week

**CUT DOWN on salt, salt will increase your blood pressure.**

- Don’t cook with salt. Add after cooking if you must have it.

**CUT DOWN on alcohol (one glass of wine or ½ pint normal strength beer).**

- Maximum for women 1-2 per day
- Maximum for men 1-3 per day

Never drink alcohol on an empty stomach
Possible effects of high blood sugar can be made worse by:

- Lack of exercise
- High blood pressure and high cholesterol
- Being overweight

This can lead to:

**Heart Disease**
- Can lead to heart failure/heart attacks
- Strokes
- Eye disease
- Kidney damage

*How you can minimise the risk:*
- Regular, gentle exercise (walking, swimming) up to 30 minutes a day
- Stop smoking
- Take your tablets regularly for blood pressure and blood sugar
- Have breakfast, lunch, dinner and a light supper (piece of toast or banana.
- Keep blood sugar below 9mmols
- Reduce fat and salt
- Reduce alcohol

**Bad eye sight**

*How you can minimise the Risk:*
- Keep blood sugar below 9mmol
- Keep blood pressure below 140/80
Damage to feet
- Loss of feeling to the feet
- Bigger risk of ulcer

How you can minimise the risk:
- Wear comfortable, well fitting footwear
- Inspect your feet daily for cuts, sores, - report to G.P.
- Keep blood sugar below 9 mmol
- Regularly see chiropodist
- Eat balanced diet

Damage to kidneys

How you can minimise the Risk:
- Eating a good diet that is low in fat and sugar
- Include fruit, vegetables, pasta, bread and fish.
- Keep blood sugar below 9mmol
- Keep blood pressure down
- Take your tablets.
What _____________ needs to do to improve their health

Management guidelines:

1. Keep blood sugar below 9mmol.
2. To follow the health advice provided to _____________ from diabetes nurse, _____________ community L.D. nurses, _____________ and _____________ and C.S.W _____________
3. To attend regular medical appointments to include diabetes clinic, blood pressure, eye check and chiropody, supported by _____________ when required.
4. To continue to receive help from _____________ to help _____________ choose healthy food to maintain their diabetic control.
5. To constantly eat a healthy, balanced diet, that is low in fat, sugar and salt and increase their physical activity.
6. All professionals involved to use the same language with _____________, stating the facts in a simple clear way.

Summary:

______________ has been given all the health advice to help them control their Diabetes. This information has been given in a language that they understand. He/she is able to tell you what may happen to them if they continue to not carry out this advice and has a reasonable understanding of the risk factors when they eat ‘treats’.

______________ is able to make informed choices and often does. It is our opinion that they do have capacity to understand their condition and the likely risks to their health.

______________ often chooses not to follow the health advice given to them.
If you need help, please contact your diabetic nurse. Their telephone contact details can be found in the front of this leaflet.

You can also get help from:

**Diabetes UK Central Office**
Macleod House,
10 Parkway London NW1 7AA
**Telephone:** 020 7424 1000
**Email:** info@diabetes.org.uk
**Website:** [http://www.diabetes.org.uk](http://www.diabetes.org.uk)

**British Heart Foundation**
Greater London House
180 Hampstead Road,
London, NW1 7AW
**Telephone:** 0300 330 3311
**Website:** [http://www.bhf.org.uk](http://www.bhf.org.uk)

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### Blood sugar

<table>
<thead>
<tr>
<th>Level</th>
<th>Action</th>
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<tbody>
<tr>
<td>32 Dangerously Poor</td>
<td><strong>STOP</strong> eating treats – cake, chocolate, chips, biscuits</td>
</tr>
<tr>
<td>16 Very Poor</td>
<td></td>
</tr>
<tr>
<td>14 Poor</td>
<td></td>
</tr>
<tr>
<td>12 Very Bad</td>
<td><strong>THINK</strong> about what you have eaten. Increase pasta, potatoes, brown bread until blood sugar is below 9</td>
</tr>
<tr>
<td>10 Bad</td>
<td></td>
</tr>
<tr>
<td>8 Good</td>
<td>Keep eating as you are and remember to exercise.</td>
</tr>
<tr>
<td>6 Very Good</td>
<td></td>
</tr>
<tr>
<td>4 Excellent</td>
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</tbody>
</table>

| If above 14 contact your practice nurse or G.P. for advice. |

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If you do not understand this leaflet, we can arrange for an interpreter. 

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Disclaimer
The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

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CPIG
carer and patient information group approved