

Diabetes Care Pack – Instructions for Use by Healthcare Professional

As a diabetes healthcare professional (HCP), you understand the importance for people with diabetes to have regular checks and tests to reduce the risk of diabetic complications.

The diabetes care pack has been designed to support virtual reviews in diabetes clinics whilst also ensuring people are receiving their annual diabetes 8 care process checks. It contains the following:

- Diabetes care pack information and guidance for the patient.
- 'Touch the Toes Test' guidance.
- A urine sample test pot and test request form (to be added by practice/HCP).
- A blood test request form (if not requested this using ICE).
- Information about My Care Record.
- A form for the patient to complete their results and return to their HCP.

HOW TO USE THE DIABETES CARE PACK:

1. Identify patient who is appropriate for a virtual review and book their appointment accordingly. Notify the patient of their appointment and inform them you are sending them a link to the West Suffolk Diabetes Care Pack, which should be completed and returned to you in advance of their appointment. Provide patient with an email address to return the pack to, or ask them to print and return it to the practice.
2. Either complete a blood test form and post this to the patient, or request one via ICE. A urine sample pot and request form should also be sent to the patient.
3. Patient completes care pack following instructions and returns results page and Wellbeing questionnaire (either by email or by post). Patient also has a blood test and urinalysis prior to their virtual appointment.
4. Results of care pack recorded into practice/hospital clinical system.
5. Healthcare professional virtually reviews patient using the results from their care pack and develops/updates diabetes care plan accordingly.

If you have any queries, please do not hesitate to contact becky.turner@westsuffolkccg.nhs.uk