

# Patient Held Summary for People with Diabetes

## What is the Patient Held Summary?

- Scottish Care Information – Diabetes Collaborative (SCI-DC) is a web-based national clinical management system for Diabetes
- It is used daily by healthcare professionals and contains data gathered from hospitals, the community and general practice to support patient care.
- The Patient Held Summary in SCI-DC allows people with diabetes to:
  - be aware of their clinical progress
  - be aware of the targets jointly agreed between themselves and their diabetes healthcare team
  - have access to a subset of their diabetes data in a user-friendly language, with support and further advice available where necessary.
  - be empowered to follow-up overdue assessments.

## What does it look like?

**SCI-DC**  
SCOTTISH CARE INFORMATION  
DIABETES COLLABORATION

**SCOTLAND**

**NHS**  
SCOTLAND

**Patient-held Summary Record**

**Date: 28 February 2006**

**Name:** JOHN SMITH  
**Address:** A RESIDENCE, SOMEWHERE IN SCOTLAND  
**Seen Today By:** Brenda Ross - Practice Nurse  
**GP Practice:** Test Practice

**Identifier:** 271162TPHX  
**Type of Diabetes:** Type 2  
**GP Name:** Dr Brian Jones  
**GP Practice Phone Number:** 01382-123456

**Long Term Blood Sugar Control (HbA1c): 7.5 % - 22 September 2005**

**Agreed Goal for August 2006: 7 %**

**Blood Pressure: 150/90 - 28 February 2006**

**Agreed Goal for May 2006: 140/80**

**Weight: 90 kg / 14 (st) 2 (lbs) - 28 February 2006**

**Agreed Goal : Maintain Weight**

**Cholesterol: 4.5 mmol/l - 22 September 2005**

**Agreed Goal : Maintain Cholesterol**

**Smoking Status: Current Smoker**

**Agreed Goal for May 2006: Stop Smoking**

**Comments from your clinician:**  
Attend Stop Smoking Group

**What should you do to reach your goals?**

- Take as much control of your diabetes on a day-to-day basis as you can
- Learn about and practice self-care, which should include diet, self-testing, exercise, not smoking & alcohol.
- Examine your feet regularly
- Manage your diabetes when you are ill
- Build the diabetes advice into your daily life
- Attend your appointments and rearrange those you are unable to make
- You may be given targets for your next visit, such as self testing, exercise or smoking

Leaflets and other helpful information about Diabetes can be found at the National Patients' Website [www.diabetesinfo.tv](http://www.diabetesinfo.tv) and the Tayside Diabetes Network Website: [www.diabetes-healthnet.ac.uk](http://www.diabetes-healthnet.ac.uk)

#### What Diabetes Care Should You Have?

If your blood sugar is too high over a period of time you have a greater risk of developing diabetic complications such as damage to the eyes, kidneys, nerves and arteries. This risk is much greater if you are a smoker.

*The risk can be greatly reduced by good control of blood sugar levels and blood pressure.*

People with diabetes should have regular check-ups either at their GP practice or the hospital clinic or both.

#### What can you expect?

You should have a formal medical review at least once a year, which should include

- A blood sample taken for -
  - HbA1c: this tells you how well your diabetes has been controlled over the last 3 months. A HbA1c of less than 8.5% is acceptable and less than 7.6% shows your control is good
  - Creatinine: this tells how well your kidneys are working.
  - Cholesterol: this tells how much 'fat' is in your blood.
- A urine sample tested for -
  - Sugar
  - Microalbumin: high levels of this protein are associated with diabetic complications and can be helped by tablets known as 'ACE Inhibitors'.
- A foot examination to check your circulation, nerves and to look for infection or ulceration.
- Weight
- Blood Pressure
- Review of current medication
- An eye examination: this is done by the diabetic retinal screening service.
- You should receive diabetic education at the times that you need it.

#### Your Diabetes Medication

##### Sulphonylureas

Sulphonylureas stimulate your pancreas (the body gland that makes insulin) to produce more insulin, which will then lower your blood sugar. The sulphonylureas include the drugs **Glicazide**, **Glipizide** and **Glimepiride**

##### Metformin

Is usually used in people with diabetes who are overweight because it does not encourage weight gain. It works by helping your insulin to use the sugar in your body more effectively. Some people may find starting metformin causes stomach upsets such as diarrhoea, indigestion, and loss of appetite or vomiting. Starting at low dose and taking metformin with food can help this. Metformin does not cause hypos.

#### What if I forget a tablet?

If you remember a forgotten tablet an hour or two late, take it then. If it is longer, miss that dose and take your next one as usual. **Never double your dose because you have missed a dose!**

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## How do you access it?

- The Patient Held Summary has to be printed out by a member of the diabetes healthcare team.
- Next time you visit your diabetes healthcare team either at your general practice or hospital clinic ask them to discuss and print out your Patient Held Summary from SCI-DC
- The printed Summary will be held by you for your reference and also be held electronically by the healthcare team.
- Work is ongoing to give people with diabetes access to this information electronically.