

Primary care process for people with newly diagnosed diabetes (type 2)

Step 1: Biometric tests

Ideally undertake the following health checks following diagnosis, if not already complete, or make the necessary referrals as appropriate:

1. Blood glucose test (HbA1c test) - should have x2 on the system if not symptomatic.
2. Blood pressure check.
3. Lipid profile.
4. Refer to retinal screening.
5. Foot check and refer to podiatry if necessary.
6. Urea and electrolytes, eGFR and ACR tests.
7. Weight and BMI.
8. Help to stop smoking if person smokes - refer to stop smoking service using [referral process](#).

Step 2: Practice process

1. Ensure patient added on practice register for diabetes annual review and influenza vaccination.
2. Book review for three months after diagnosis for HbA1c review.
3. Following review if HbA1c >48mmol/mol commence treatment.

Step 3: Advice and support

Can be provided by health care assistant (HCA), with referral to practice registered general nurse (RGN) where indicated.

Prescription information

Provide person with information prescription on HbA1c, blood pressure, foot care and lipids.

In order that people understand what their results are from start and can then agree targets with registered nurse. Provide person with information on retinal screening.

Resources

- [DUK information on prescriptions](#)
- Book follow up appointment with registered nurse
- Royal Cornwall Hospitals NHS Trust [retinal screening information](#)
- [Retinal eye screening information leaflets](#)

Issue information

Issue 2 Diabetes UK information packs:

- everyday life with Type 2 diabetes
- enjoy food

Information packs are free of charge from Diabetes UK with small charge for postage to practices - [request additional copies](#). NHS Kernow will provide 24 months' supply to practices from November 2020.

Diabetes education course

This is a key part of treatment and management of diabetes. [Give contact details](#) for group education and information on how to access. Reminder to read code using 8Hj4, XaNTS or 306741000000104.

Access to emotional and psychological support

- Refer to [Healthy Outlook](#)
- [Healthy Outlook patient information](#)

Pre-pregnancy advice

Give [pre-pregnancy advice](#) to women aged 17-45 years give (see EMIS, SystemOne and DUK links).

Signpost to Diabetes UK

- [Diabetes UK website](#)
- [Diabetes UK: Information for professionals](#)

Signpost to advice on diabetes and food

- [Carbs and calories videos](#)

Specialist support

Person's biometrics indicates requires specialist support. For example medium to high risk foot, access to dietitian or RGN requires clinical advice and guidance on overall treatment options or intervention. Discuss with GP or contact your local community DSN for virtual advice and guidance

Processes:

- [refer to podiatry](#)
- [refer to dietitian](#)