

**Type 2 Diabetes Clinic**



Name:



Date:



**Is there anything in particular you would like to discuss with the diabetes team today?**



.....

1. How confident have you felt with:  
(1= not confident at all 5= very confident)



Managing Blood Glucose levels  
1      2      3      4      5  
      



Taking Medication  
1      2      3      4      5  
      



Achieving dietary goals  
1      2      3      4      5  
      



Achieving activity Goals  
1      2      3      4      5  
      

2. How are you coping with your diabetes and:  
(1=very badly, 5 = really well);

School / Education / Work  
1      2      3      4      5  
      

Family Life:  
1      2      3      4      5  
      

Friends and Social Life  
1      2      3      4      5  
      

Activities and Hobbies  
1      2      3      4      5  
      

My **HbA1c** today is ..... previously it was .....

My Average Blood Glucose mmol/l Finger prick	HbA1c % Clinic 3 month old measurement	HbA1c mmol/mol Clinic 3 month new measurement
<b>6.2</b>	<b>5.5%</b>	<b>37</b>
<b>7.8</b>	<b>6.5%</b>	<b>48</b>
<b>8.2</b>	<b>6.75%</b>	<b>50</b>
<b>8.6</b>	<b>7.0%</b>	<b>53</b>
<b>9.5</b>	<b>7.5%</b>	<b>58</b>
<b>10.1</b>	<b>8.0%</b>	<b>64</b>
<b>11.0</b>	<b>8.5%</b>	<b>70</b>
<b>12.5</b>	<b>9.5%</b>	<b>80</b>

My Food Goals:

My exercise Goals:

My medication Goals:

Our family Goals: