

Contact details

My Name is _____

Address _____

Telephone _____

My Diabetes Doctor is _____

Doctor's phone number _____

My Hospital is _____

Hospital's phone number _____

Next of kin _____

Next of kin's phone number _____

Month beginning _____ Aim: Fasting _____ mmol/l Post-prandial _____ mmol/l

Month:	Date & day	Insulin				Blood Glucose Monitoring						NOTES/ COMMENTS: (e.g. Reason for missed dose, notes on exercise, illness, stress levels, dietary changes)		
		Units Injected				Breakfast		Lunch		Supper			Bedtime	Overnight
		Breakfast	Lunch	Supper	Late night	Before	2 hours after	Before	2 hours after	Before	2 hours after			
1														
2														
3														
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Fill in your results for this period

Date _____

HbA1c _____

Blood Pressure _____

Weight _____

Cholesterol _____

Triglycerides _____

LDL-C/HDL-C _____

Microalbuminuria _____

Targets for HbA _{1c} , fasting plasma glucose and postprandial glucose in different patient types ¹			
Patient type	Target HbA _{1c}	Target FPG	Target PPG
Young Low risk Newly diagnosed No cardiovascular disease	< 6.5%	4.0-7.0 mmol/l	4.4-7.8 mmol/l
Majority of patients	< 7%	4.0-7.0 mmol/l	5.0-10.0 mmol/l
Elderly High risk Hypoglycaemic unaware Poor short-term prognosis	< 7.5%	4.0-7.0 mmol/l	< 12.0 mmol/l

***Postprandial Blood Glucose:
1-2 hours after starting a meal**

Ref 1. SEMDSA Guidelines for Diabetes and Management of Type 2 Diabetes Mellitus for Primary Health Care - 2012. www.semDSA.org.za Accessed November 2012

