

Leith Community Treatment Centre: Changes to Diabetes Service

This leaflet is to let you know about changes to your diabetes appointments.

Annual Review Appointments (Face to Face)

We plan to see you face to face in the Leith clinic once a year to perform a full annual review. During this appointment we will complete a number of tests including bloods, weight, blood pressure, foot exam and a urine sample. You will see a doctor face to face and there will also be an opportunity to see the diabetes nurse during this visit if needed.

Remote Telephone Consultations

If you need to be reviewed more than once a year, most additional consultations will be done over the telephone.

Pre-telephone clinic screening

Around 2-3 weeks in advance of a telephone consultation, you will be invited to attend Leith community centre for a short appointment with a Clinical Support Worker. In this appointment, you will have a blood test performed, and weight and blood pressure measured. If any of your other annual screening tests have been missed at your annual review (foot exam/ urine sample), they can also be completed. This appointment should be short and you do not need to wait for results.

Preparing for your Diabetes Appointment:

Before your appointment, we suggest you take time to make a note of anything you want to discuss. This will help you get the best out of your appointment.

Blood glucose data

If you monitor blood glucose at home, it is very useful for staff to have access to these measurements (in addition to clinic blood tests).

If you use the FreeStyle Libre, we strongly recommend linking your glucose data to the Western General Hospital using **LibreView**. Instructions on how to do this can be found at: www.edinburghdiabetes.com/libre

If you use a finger-prick blood glucose meter, we recommend that you upload your data using the **Diasend** system. Instructions can be found here: <http://www.edinburghdiabetes.com/diasend-wgh>

If you cannot access this technology and are using a finger-prick glucose meter, please keep a glucose diary and have the readings handy so you can discuss them during your appointment.

If any of your appointments are not suitable, please contact us to rearrange on 0131 536 6230.

Add NHS letterhead

Useful Resources

We would like you to review your results before your consultation with the doctor, and throughout the year. This will help you to think about what's important to you, what areas you want to work on to improve your diabetes care and what you might like to discuss during your appointment. You can access your results by registering on Scottish national diabetes portal website My Diabetes My Way.

My Diabetes My Way <https://www.mydiabetesmyway.scot.nhs.uk/>

my diabetes + my way



My Diabetes My Way (MDMW) will give you secure access to all your blood, foot and eye screening results, as well as other information, resources and online courses for diabetes. Data is collected from computer records in your GP practice, your hospital clinic and other relevant systems, such as the national retinopathy screening system. MDMW also contains information in many other languages and full end to end e-learning courses for all types of diabetes, and diabetes prevention.

You can sign up on the link below, or you can ask the health care professional, who does your appointment to send registration details to your email:

<https://patient.mydiabetesmyway.scot.nhs.uk/Registration.aspx>

Edinburgh Diabetes Website www.edinburghdiabetes.com

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We also suggest looking at the diabetes resources on our Edinburgh Centre for Endocrinology and Diabetes (ECED) website.

This has information about managing diabetes with insulin, counting carbohydrates and using flash glucose monitoring.