

TREATMENT CARDS

Hypertension and Diabetes

Instructions

At each review clinic appointment in discussion between patient and health care worker

- Symptoms and side effects of medication
- Questions about the disease,
- Recognise and diagnose any severe problems that need action
 - Check for complications
- Lifestyle actions are the most important
 - Exercise,
 - healthy eating,
 - low salt
 - little or no alcohol
 - correct weight
- Controlling blood pressure/sugar levels and symptoms reduces the risks of:
 - heart disease
 - strokes
 - kidney disease
 - eye problems
- Treatment is lifelong

At diagnosis check:

- blood pressure (BP),
- Fasting Blood Sugar (FBS)(or random if fasting not possible),
- urine for protein (blood for creatinine if available)

Review is advised **monthly** until BP and/or symptoms and/or blood sugar are at target level.

Once condition stable:

Hypertension	6 monthly	BP
	12 monthly	Urine sample
Diabetes	6 monthly review	FBS and BP
	12 monthly	Urine Sample, Eyesight, foot examination, kidney function test if possible
CVD	Annual	BP, FBS and urine sample

Inform Patient

- If BP or FBS or symptoms not controlled medication will be increased in steps
- May **need to take two or three medications to control the problem**
- Medication will be dispensed monthly

CHRONIC CARE:/Hypertension/Diabetes/ TREATMENT CARD

NAME:	SEX:	DOB:	Age:	Date first visit:
Village:	Unique number:			Treatment Supporter:
Ward/ Street:	Phone:			Relationship:
District:	Nearest health facility:			Phone:
	Height (m)			Weight (kg)

	Date	Date	Date	Date
Diagnosis (Hypertension/Diabetes)				
BMI* (Healthy BMI <25) height (m) ² /weight (kg) or use chart				
Blood pressure (target 140/90, 130/80 if diabetic or CVD)				
Fasting Blood Sugar (normal <6.0) (increase meds if >7, review 3/12 if 7-9.9, >10 review 1/12)				
Random blood sugar (<11.1) (annual if hypertension or CVD)				
Urine dip Protein (- to ++) annual Sugar (- to +++)				
Eye check (Visual acuity) diabetics only (annual)				
Foot check (calluses, infection, sensation, pulses, ulcers) diabetics only (annual)				
Symptoms (eg chest pain, breathlessness, leg swelling, infections, ulcers)				
COMPLICATIONS eg Heart Failure, Foot ulcer, Stroke				
TREATMENT including dose				
Side Effects/Medicines not tolerated				
LIFESTYLE ADVICE -review risk factors (Smoking/diet/exercise/ alcohol) - Area to be addressed. - Any progress?				
Follow up appointment (date)				