

# WELCOME TO DIABETES TOTAL CARE!

Diabetes Total Care is a great new service we are offering our patients who wish to better manage their diabetes.

Services by this practice are fully bulk-billed for patients with a valid Medicare Card. The service entails set visits with a number of team members.


These friendly health professionals are here to help you and are experts in their field.

You will work with:


- Our GP s and Nurses;
- Pathology Collection Centres;
- Optometrist;  
and if needed;
- Podiatrist;
- Nutritionist or Dietitan;
- Exercise Physiologists.


In previous years you may have had similar visits, scattered throughout the year. What sets this program apart is that your care is better organised so your assessments are done in a timely fashion saves you time and avoids unnecessary visits to your GP.

The following chart acts as a checklist to ensure that you are aware of and in control of your diabetes care.

 When the chart refers to “Tag Team” this means that the Nurse and GP work together to ensure that all tasks are completed as quickly as possible. For example the Nurse will take your measurements and completes the paperwork so that it saves the GP time.







This means you have less time to wait for the GP and maximises your discussion time with the GP.






 You will see this icon when your GP needs to work with a Health professional outside of this practice. This means the team looking after your care involves more than just your GP and Nurse.

 Our nurses are skilled in Diabetes care and will have regular contact with you in between your longer GP visits. These quick visits called “Zap checks” allow you to be checked regularly and be able to talk to someone about any concerns you may be having. These quick visits save you time as well, as you are not waiting around for long periods of time to see the GP.

This is your guide to the coming year for your Diabetes Management; please note the program may include additional visits to specialist health professionals if required. Your GP will arrange a referral letter to these additional services if they are needed.

Practice staff will write approximate dates for your appointments to be made. Please keep this guide for future reference.

Visits 1-6 Months	What will be done?	Visit Length	Code	When?
<p><b>“Tag Team” ①</b></p> <p>You will see the Nurse first then your GP</p>	<ul style="list-style-type: none"> <li>Nurse will measure weight and height to calculate BMI;</li> <li>Nurse will take your waist measurement;</li> <li>Nurse will measure blood pressure;</li> <li>Nurse or GP will write a referral form for blood test (Average glucose levels, cholesterol etc.);</li> <li>Nurse or GP will write a referral form for Urine test to check the health of your kidneys;</li> <li>Nurse will check your vision with a wall chart of various size letters;</li> <li>Nurse will discuss your diabetes history;</li> <li>Nurse/ GP will help you create goals for your diet, exercise and medication management;</li> <li>Nurse will check your feet and do any dressings in needed;</li> <li>Nurse/ GP will write referral letter for ophthalmologist;</li> <li>Nurse/ GP will write referral letter for podiatrist or other AHP if needed;</li> <li>Receptionist will Book you in for you next appointment.</li> </ul>	45-60 minutes		Month
<p><b>Nurse “Zap check” ①</b></p>	<ul style="list-style-type: none"> <li>Nurse will use a prick your finger and get one or drops of blood to check Blood Glucose Level;</li> <li>Nurse will discuss any concerns you have with your Diabetes;</li> <li>Nurse will ask your smoking status (be truthful);</li> <li>Nurse will check your blood pressure by placing an arm cuff on your arm and pumping air to tighten it, this helps them count your heart beats;</li> <li>Receptionist will Book you in for you next appointment.</li> </ul>	15 minutes		
<p><b>Pathology Provider</b></p>	<ul style="list-style-type: none"> <li>Have your blood taken;</li> <li>Phone our practice a week later to check results are in and make your next appointment;</li> <li>Receptionist will Book you in for you next appointment.</li> </ul>	10 minutes		
<p><b>External Health Professional</b></p>	<ul style="list-style-type: none"> <li>A visit to the optometrist who will do various eye tests, this won't hurt at all;</li> <li>If needed perhaps a visit to the Podiatrist or other allied health professionals;</li> <li>Receptionist will book you in for you next appointment.</li> </ul>	30-45 minutes		Month
<p><b>“Tag Team” ③</b></p>	<ul style="list-style-type: none"> <li>Nurse will measure blood pressure;</li> <li>Nurse/ GP will review Blood Test/ urine results;</li> <li>Nurse/ GP will review goals as per indicated by results;</li> <li>GP will print rx as necessary;</li> <li>Receptionist will book you in for you next appointment.</li> </ul>	15-30 minutes		
<p><b>Nurse “Zap check” ②</b></p>	<ul style="list-style-type: none"> <li>Nurse will check Blood Glucose Level;</li> <li>Nurse will check Blood Pressure;</li> <li>Nurse will discuss any concerns you have with your Diabetes;</li> <li>Nurse will check your waist measurement with a measuring tape;</li> <li>Receptionist will book you in for you next appointment.</li> </ul>	15 minutes		
<p><b>Medication Blitz ①</b></p>	<ul style="list-style-type: none"> <li>GP will write referral letter and complete medication lists and record relevant medical history for the pharmacist.</li> </ul>	15 minutes	GP	

Visits 7-12 Months	What will be done?	Visit Length	Code	When?
<b>Medication Blitz</b> ② <b>Pharmacist</b>	<ul style="list-style-type: none"> <li>The Pharmacist will visit your home to:               <ul style="list-style-type: none"> <li>– update your medications list;</li> <li>– discuss complimentary medicines;</li> <li>– discuss how you remember and administer your medications.</li> </ul> </li> </ul>	30-60 minutes		Month
<b>Medication Blitz</b> ③ <b>GP</b>	<ul style="list-style-type: none"> <li>GP will review the pharmacist's recommendations;</li> <li>GP will adjust and/or print scripts if necessary;</li> <li>Receptionist will book you in for you next appointment.</li> </ul>	15 minutes	GP	
<b>Nurse "Zap check"</b> ④	<ul style="list-style-type: none"> <li>Nurse will check Blood Glucose Level;</li> <li>Nurse will discuss any concerns you have with your Diabetes;</li> <li>Nurse will check Blood Pressure;</li> <li>Receptionist will book you in for you next appointment.</li> </ul>	10 minutes		
<b>"Tag Team"</b> ①	<ul style="list-style-type: none"> <li>Nurse/ GP will review your progress with the goals/ plans for your:               <ul style="list-style-type: none"> <li>– Diet;</li> <li>– Exercise;</li> <li>– and Medication management.</li> </ul> </li> <li>GP will print scripts as necessary;</li> <li>Receptionist will book you in for you next appointment.</li> </ul>	30 -45 minutes		Month
<b>Nurse "Zap check"</b> ④	<ul style="list-style-type: none"> <li>Nurse will check Blood Glucose Level;</li> <li>Nurse will discuss any concerns you have with your Diabetes;</li> <li>Nurse will check your feet and do any dressings as required;</li> <li>Nurse will check Blood Pressure;</li> <li>Receptionist will book you in for you next appointment.</li> </ul>	15 minutes		
<b>"Tag Team"</b> ⑤	<ul style="list-style-type: none"> <li>Nurse/ GP will address any missed checks/ tests during the year;</li> <li>Nurse will give you helpful leaflets/ education regarding Diabetes management;</li> <li>GP will print scripts as necessary;</li> <li>Receptionist will book you in for you next appointment.</li> </ul>	30 minutes		Month
<b>Nurse "Zap check"</b> ⑤	<ul style="list-style-type: none"> <li>Nurse will check Blood Glucose Level;</li> <li>Nurse will discuss any concerns you have with your Diabetes;</li> <li>Nurse will check Blood Pressure;</li> <li>Receptionist will book you in for you next appointment.</li> </ul>	15 minutes	