

My Healthcare Record



My name:

Name of diabetes Healthcare Professional:

Telephone:

E-mail:

This health record card will allow you to monitor your progress in self management. Use it to keep a note of the results of the tests you have when you visit your Doctor or other Healthcare Professional who is supporting you with your diabetes. You should take it with you whenever you attend an appointment and record the results of your various checks.

More copies of this sheet are available from www.diabetes.org.uk/scotland/diabetesandme

My Medicines



Use this chart to make a list of the medicines you take, what they are for and when you should take them. Ask your Doctor to help you fill it in if you need to.

Diabetes Medication

Medication Name (generic name, not brand)	What is it for?	How often and when should I take it?

Other Medication

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Taking My Medication Goals

There may be things about how you take your medication you would like to act on. You might like to use the Taking My Medication Goals form on the next page to help you think about the things you would like to achieve, and how you will work towards them.

Taking my medication goals



Use this form to set yourself goals to work towards on a monthly basis. It is best to take small steps gradually rather than try to change everything at once. If you don't meet your monthly goal, don't worry about it, just set a new goal for the next month and try again. Here's an example to get you thinking.

My goal for this month is:

Remember to take my tablets every day

How did I do?	What problems did I have?	How could I solve them?
Managed five days out of seven	My routine was changed because of travelling for work	Ask group for ideas of how to remember. Ask Doctor about the effects of missing tablets?

You can talk to your Doctor or other Diabetes Healthcare Professional if you would like more help and advice.

You can download more copies of this form from
www.diabetes.org.uk/scotland/diabetesandme



My main aim for taking my medication is:

Month 1

My goal for this month is:

How did I do?	What problems did I have?	How could I solve them?

Month 2

My goal for this month is:

How did I do?	What problems did I have?	How could I solve them?

Month 3

My goal for this month is:



How did I do?	What problems did I have?	How could I solve them?

Month 4

My goal for this month is:

How did I do?	What problems did I have?	How could I solve them?