

City of Latrobe Care Pathway

Type 2 Diabetes Annual Cycle of Care



General Practice

3-6 monthly

- Review smoking, nutrition, alcohol, physical activity, record of home testing (if utilised), medication issues and foot symptoms
- Check weight and waist, height, blood pressure and BMI
- Measure HbA1c as needed, on an individual basis, and according to guidelines.
- Refer to podiatry for foot examination

Yearly

- Measure cholesterol, triglycerides, HDL-C
- Test micro albuminuria and eGFR
- Review medication
- Make referrals to supporting health professionals including optometry for eye examination



Specialists

Endocrinologist

Latrobe Regional Hospital
5173 8111 or fax 5173 8097

Community Health

Credentialed Diabetes Nurse Educator

Latrobe Community Health Service
1800 242 696

Dietician

Latrobe Community Health Service
1800 242 696

Podiatrist

Latrobe Community Health Service
1800 242 696

Optometrist

Search for an Optometrist at
www.nhsd.com.au

Exercise Physiologist or Physiotherapist

Latrobe Community Health Service
1800 242 696



Self-Management

- Visit the GP every 6 months
- Do at least 30 minutes of moderate physical activity on most, preferably all, days
- Eat a healthy diet that includes reducing saturated fat and ensuring carbohydrates are low in glycaemia index and high in fibre
- Use medication as prescribed
- Avoid cigarette smoke
- Limit alcohol (no more than 2 standard drinks per day for men and 1 standard drink per day for women)

Additional support

- **Care Coordinator** - Latrobe Community Health Service - 1800 242 696
- **Hearing Check** - Search for services at www.nhsd.com.au
- **Dentist** - Latrobe Community Health Service - 1800 242 696
- **Smoking Cessation** - Latrobe Community Health Service - 1800 242 696
- **Counselling** - Latrobe Community Health Service - 1800 242 696
- **Support groups** - Latrobe Community Health Service - 1800 242 696
- **Vision Australia** - 5623 0100 - www.visionaustralia.org