

# HELP TO MANAGE YOUR DIABETES

**DiABETES UK**  
CARE. CONNECT. CAMPAIGN.  
SCOTLAND

**Diabetes is a life-long condition that can be managed successfully. When managed well, people with diabetes can lead as full and active a life as anyone.**

This leaflet aims to let you know how using the Patient Held Summary can help you and your healthcare professionals to manage your diabetes better.

## **1. What is the Patient Held Summary?**

The Patient Held Summary (PHS) is a print out which you can get from your GP or other healthcare professional, which brings together the results of all your diabetes tests. Your HbA1c/Mmols blood glucose levels, blood pressure, weight, cholesterol, foot score and retinopathy results will all be available in one document.

## **2. What do I do with it?**

You discuss it with your healthcare professional and use it to help agree realistic goals for improving or maintaining your results. Any goals you agree on will be recorded in the summary. You can then use this information as a reminder or to discuss with healthcare professionals at any diabetes appointments you may have between your regular diabetes reviews.

## **3. How often should I get a Summary?**

Each time you have a review of your diabetes management. This can vary with some people only needing one review a year, while others may need more. As a minimum you should have a review at least once a year.

**For more information and support on managing your diabetes contact:  
Diabetes UK Scotland Careline  
0845 120 2960**

**Telephone 0141 245 6380  
Email [scotland@diabetes.org.uk](mailto:scotland@diabetes.org.uk)  
[www.diabetes.org.uk/scotland](http://www.diabetes.org.uk/scotland)**

#### **4. How do I get my Summary?**

The healthcare professional at your review, such as your GP, practice nurse, diabetes specialist nurse or hospital consultant, can give you a copy of your Patient Held Summary. The summary is generated from SCI-Diabetes, NHS Scotland's computerised diabetes information system.

#### **5. Do I need to ask for my Summary or should it be offered to me?**

We are encouraging healthcare professionals to offer and use the Patient Held Summary. At the same time we are informing patients with diabetes that this is available to them. If it isn't offered, please ask your healthcare professional for it.

#### **6. What if my healthcare professional doesn't use the Patient Held Summary or won't give it to me?**

If your healthcare professional can't/won't give you a PHS, contact your local Managed Clinical Network (MCN) manager. Details can be found at:

**[www.mydiabetesmyway.scot.nhs.uk](http://www.mydiabetesmyway.scot.nhs.uk)**.

Click on 'my local services' and choose your area from the list.

#### **7. Is there anything else I should be getting in relation to my diabetes?**

Having the right care is essential for the wellbeing of all people with diabetes. There is a minimum level of healthcare that every person with diabetes deserves and should expect. Diabetes UK has drawn up a checklist of the 15 essential checks and services you should receive. This can be found at [www.diabetes.org.uk/15-essentials](http://www.diabetes.org.uk/15-essentials)

#### **8. Will any more help be available?**

Diabetes UK Scotland is developing self management tools and support to help you better manage your diabetes. For more information contact Diabetes UK Scotland (see below).

#### **Further information**

**Patient Hand Held Summary visit:**

**[www.diabetes.org.uk/scotland/choices](http://www.diabetes.org.uk/scotland/choices)**

**My Diabetes My Way, the NHS Scotland interactive website:**

**[www.mydiabetesmyway.scot.nhs.uk](http://www.mydiabetesmyway.scot.nhs.uk)**