

Diabetes

Thurso Clinic Times

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Halkirk Clinic Times

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A few patients with diabetes need to be seen by the Consultant or Diabetic Specialist Nurse. However, the majority of patients are fully cared for by the Practice Nursing team in conjunction with the GPs. It is very important to attend for review at regular intervals. The surgery Practice Nurses have been trained to a high standard and have University accredited diabetic diplomas.

We feel attendance at our clinics to be important for the following reasons:

- You understand your diabetes better and therefore manage it more successfully
- You get the opportunity to ask questions and discuss your worries
- Regular monitoring of your diabetes enables us to get the best control of your blood sugar
- Regular monitoring of your diabetes ensures that complications are picked up early

At the clinic we will offer:

- Dietary advice
- Advice on home monitoring of your blood sugar
- Examination to check blood pressure etc
- Blood and urine tests
- Review of your blood sugar control and your medication

All diabetics should have annual check-ups with the Optician/Diabetic Retinopathy Screening Service and, if appropriate, the Chiropodist. The practice team will refer patients to the Optician/Diabetic Retinopathy Service and the Chiropodist if necessary.

We strongly recommend that all diabetics should have an annual flu jab. They should also be immunised against pneumococcus (an organism that causes pneumonia). Flu jabs are given between the months of September and March each year. Please ring the surgery nearer the time to make an appointment with the Practice Nurse.