# TREATMENT CARDS

## Hypertension and Diabetes

#### Instructions

#### At each review clinic appointment in discussion between patient and health care worker

- Symptoms and side effects of medication
- Questions about the disease,
- Recognise and diagnose any severe problems that need action
  - Check for complications
- Lifestyle actions are the most important
  - o Exercise,
  - o healthy eating,
  - $\circ$  low salt
  - $\circ$  little or no alcohol
  - correct weight
- Controlling blood pressure/sugar levels and symptoms reduces the risks of:
  - heart disease
  - $\circ$  strokes
  - o kidney disease
  - $\circ$  eye problems
- Treatment is lifelong

#### At diagnosis check:

- blood pressure (BP),
- Fasting Blood Sugar (FBS)(or random if fasting not possible),
- urine for protein (blood for creatinine if available)

Review is advised monthly until BP and/or symptoms and/or blood sugar are at target level.

Once condition stable:

Hypertension	6 monthly	BP
	12 monthly	Urine sample
Diabetes	6 monthly review	FBS and BP
	12 monthly	Urine Sample, Eyesight, foot examination, kidney function test if possible
CVD	Annual	BP, FBS and urine sample

### **Inform Patient**

- If BP or FBS or symptoms not controlled medication will be increased in steps
- May need to take two or three medications to control the problem
- Medication will be dispensed monthly

CHRONIC CARE:/Hypertension/Diabetes/ TREATMENT CARD								
NAME:	SEX: DOB: Age: Date first visit:							
Village:	Unique number:			Treatment Supporter:				
Ward/ Street:	Phone:			Relationship:				
District:	Nearest health facility:		<b>y</b> :	Phone:				
	Height (m)			Weight (kg)				

Diagnosis  (Hypertension/Diabetes)    BMI* (Healthy BMI <25)  height (m)?/weight (kg) or use chart    Blood pressure (target 140/90, 130/80 if diabetic or CV0)  130/80 if diabetic or CV0    Fasting Blood Sugar (normal <6.0)  (increase meds if >7, review 3/12 if 7-9.9, >10 review 1/12)    Random blood sugar (<11.1)  (annual if hypertension or CVD)    Urine dip  Protein (- to ++)    annual  Sugar (- to ++)    Eye check (Visual acuity)  diabetics only (annual)    Foot check (calluses, infection, sensation, pulses, ulcers)  diabetics only (annual)    Symptoms (eg chest pain, breathlessness, leg swelling, infections, ulcers)  infections, ulcers)    COMPLICATIONS eg Heart Failure, Foot ulcer, Stroke  COMPLICATIONS eg Heart Failure, Foot ulcer, Stroke    TREATMENT including dose  side Effects/Medicines not tolerated    LIFESTYLE ADVICE  creview risk factors (Smoking/diet/exercise/ alcohol)    - Any progress?  Follow up appointment (date)			Date	Date	Date	Date	
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