

## WHAT HAPPENS AT A CLINIC E APPOINTMENT?

Clinic E is primarily for patients with diabetes and asthma or chronic obstructive pulmonary disease (COPD).

So what happens at a clinic E appointment?

You will be asked to arrange an appointment for some bloods tests and to hand in a urine sample prior to your clinic appointment this will be to look at the following:-

### Laboratory Tests and Investigations

1. Blood samples are taken and tested for:

Haemoglobin A1c (HbA1c): This is done at every visit and tells how well controlled your diabetes has been over the previous 3 months.

Creatinine and eGFR: This is checked yearly, or more often if required, and tells how well your kidneys are working.

Cholesterol: This is checked yearly, or more often if required.

Liver Function tests: these are checked periodically, particularly to ensure medication is not upsetting the liver and to look for evidence of fat deposition in the liver - which is frequently associated with diabetes and obesity.

Thyroid function tests: to look for evidence of an underactive or overactive thyroid gland – frequently present in diabetes and commoner in women.

2. A urine sample.

You will be asked to provide a specimen of urine collected first thing in the morning into a sterile *white top bottle*. This is tested for small amounts of protein (called microalbumin), which, in the normal course of events, is not present in the urine. Increased levels of microalbumin in the urine are associated with a higher risk of developing some of the complications of diabetes. It is important to detect the presence of microalbumin because it can often be removed with medication.

It is best to have your blood and urine tests done before your clinic visit so that the results are available when you meet the nurse. This will allow the findings to be discussed and a management plan to be decided there and then.

### Physical Examination

1. Height and Weight: Your weight is often calculated as Body Mass Index (BMI), which expresses your adult weight in relation to your height.

2. Blood pressure should be taken at every diabetic clinic visit. You will be advised on an appropriate target for your particular situation.

3. Injection site examination if you are on insulin.

4. Inhaler technique: **IT IS VITAL THAT YOU BRING ALL YOUR INHALERS WITH YOU TO THE APPOINTMENT.** Our nurses are experts on asthma and COPD and they may be able to help improve your inhaler technique so that your condition is better controlled and medications used appropriately.

### Asthma

You will be asked a few questions about your asthma and whether it is affecting your daily activities, i.e. exercising, sleeping or at rest.

If appropriate a spirometry test will be undertaken this is a test that can help diagnose various lung conditions, most commonly chronic obstructive pulmonary disease (COPD).

You will be asked to perform a peak flow test: this is a lung function test to measure how fast you can breathe out.

Asthma Action Plan—the nurse will help you complete this step by step guide that helps you stay on top of your asthma.

### COPD

You will be asked some questions from the MRC breathlessness scale which measures COPD's effect on your daily activities.

If appropriate a spirometry test will be undertaken this is a test used to monitor the severity of your lung condition.

Your blood oxygen saturation will be tested: Oxygen saturation is a measure of how much oxygen the blood is carrying.

The COPD Assessment Test (CAT) is a questionnaire for people with COPD. It is designed to measure the impact of COPD on a person's life.

### Lifestyle Issues

Every year you should have enough time to discuss in the clinic:

Your general well-being, including how you cope with your long term condition/s, Your current treatment, Your diabetes control, including home monitoring results and problems with hypo's, Any problems you may be having.

Discussion should include, where relevant, issues such as diet, smoking, alcohol consumption, sexual problems, stress/anxiety and physical exercise. You should feel free to raise any or all of these issues with your nursing team.

***The clinic visit therefore involves many assessments and will take some time to complete in order to assess your long term conditions properly. Please therefore allow yourself plenty of time for your clinic visit.***

You will also require a foot examination with the chiropodist.