

## What is the Annual Cycle of Care?

There are a number of things you need to consider when managing your diabetes and helping to prevent future complications. The Annual Cycle of Care is a checklist designed to assist you and your health team in keeping your diabetes care on track.

Diabetes changes over time and what works today, may not work next year. If not managed correctly, diabetes can lead to health problems such as kidney disease, damage to nerves, vision problems, heart disease or stroke. Therefore it is important for you to follow the Annual Cycle of Care, understand and identify any problems early and discuss the best treatment with your health care team.

## What can my team of health professionals do for me?

- provide you with ongoing support
- offer expert advice and information
- monitor the different parts of your body that can be affected by diabetes, such as heart, eyes, feet and kidneys
- explain to you and your family different diabetes management options
- provide referrals and prescriptions.

## We can help you to stay on top of diabetes

Connect with Queensland's largest diabetes community, their families, carers and health professionals.

Diabetes Queensland provides access to resources and support to help you live well with diabetes

- Contact our diabetes Infoline 1300 136 588 for information about diabetes
- Connect with your local support group to meet others with diabetes
- Attend programs and activities for people with type 1, type 2 or gestational diabetes, youth, children and families
- Access diabetes education and support services provided by a team of health professionals
- Receive the latest news, research developments and information through our website, publications and e-newsletter

Be a part of our community – receive a free monthly electronic newsletter.

To register, email [media@diabetesqld.org.au](mailto:media@diabetesqld.org.au) or go to [www.diabetesqld.org.au](http://www.diabetesqld.org.au) to find out more.

**NDSS**  
national diabetes services scheme



**Diabetes**  
QUEENSLAND

The National Diabetes Services Scheme (NDSS) is an initiative of the Australian Government administered by Diabetes Australia. The NDSS agent in Queensland is Diabetes Australia – Queensland

**Diabetes**

# Annual Cycle of Care



A guide to managing  
your diabetes



**Diabetes**  
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# My Annual Cycle of Care

**IMPORTANT:** Annual Cycle of Care targets mean different things to different people; therefore it is important that you develop your individual goals with your health team. If you don't understand why these targets are important, or how often you should be getting your checks, discuss this with your doctor. Remember, regular visits to your health team will allow you to identify any problems early and to discuss the best treatment.

**Please note that the recommendations for children and adolescents with diabetes may vary from those listed.**

What needs to be done?	Goal	Done?	Who checks it?	How often?
Weight	My goal weight is _____ kg	<input type="checkbox"/> <input type="checkbox"/>	GP, Endocrinologist, Diabetes Educator or Practice Nurse	At least every 6 months
Waist circumference	Men less than 94cm, women less than 80cm	<input type="checkbox"/> <input type="checkbox"/>		
Body Mass Index (BMI)	Less than 25 kg/m <sup>2</sup> where appropriate	<input type="checkbox"/> <input type="checkbox"/>		
Blood pressure	Equal to or less than 130/80 mmHg	<input type="checkbox"/> <input type="checkbox"/>		
Feet examination	Feet check at least every 6 months	<input type="checkbox"/> <input type="checkbox"/>		
<b>Tests for:</b>			GP or Endocrinologist	At least every 12 months
Cholesterol	Total cholesterol less than 4 mmol/L LDL less than 2 mmol/L; HDL is 1 mmol/L or above	<input type="checkbox"/>		
Triglycerides	Triglycerides less than 2 mmol/L	<input type="checkbox"/>		
Microalbuminuria	Microalbuminuria checked at least every year	<input type="checkbox"/>		
HbA1c	Equal to or less than 7.0% (53 mmol/mol)	<input type="checkbox"/>		
Review diabetes self-management plan	Review self-management plan at least every year	<input type="checkbox"/>	Diabetes Educator, GP, Endocrinologist, or Practice Nurse	At least every 12 months
Physical activity	At least 30 minutes walking (or equivalent), 5 or more days per week	<input type="checkbox"/>		
Smoking status	Do not smoke	<input type="checkbox"/>		
Review medications	Review medications at least every year	<input type="checkbox"/>		
Review diet and healthy eating for diabetes	Review your diet and healthy eating plan at least every year	<input type="checkbox"/>	Dietitian, Diabetes Educator or GP	At least every 12 months
Eye examination	A comprehensive eye examination at least every 2 years	<input type="checkbox"/>	Optometrist / Ophthalmologist	At least every 2 years