

Personalised Diabetes Management Report

Patient Name: Sai Mohan
NHS Number: Not provided
Date of Birth: None
Report Date: 11 August 2025
Prepared by: Diabetes Specialist Team

AT A GLANCE - Key Metrics			
HbA1c	8.099999999999996%	FPG	-- mmol/L
2h-PPG	-- mmol/L	BP	120.0/80.0 mmHg
BMI	26.3 kg/m²	Last Labs	Recent

Personalised Diabetes Management Report

****Patient:**** Sai Mohan
****Age:**** 45 years
****Sex:**** Male

Key Laboratory Values

Test	Value	Target Range
HbA1c	8.099999999999996 mmol/mol	< 48 mmol/mol (non-diabetic)
Fasting Plasma Glucose (FPG)	Not provided mmol/L	4.0-5.4 mmol/L (normal)
2-hour Post-Prandial Glucose (2h-PPG)	Not provided mmol/L	< 7.8 mmol/L (normal)

Clinical Assessment

****Date:**** 11 August 2025
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Clinical Disclaimer

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Summary of Health Status

Current Glycaemic Control

Sai Mohan's most recent HbA1c is 8.099999999999996% (recorded recently), indicating suboptimal control requiring treatment optimisation [S1]. The fasting plasma glucose is Not provided mmol/L and 2-hour post-prandial glucose is Not provided mmol/L.

Cardiovascular Risk Factors

Blood pressure: 120.0/80.0 mmHg. Consider optimising antihypertensive therapy [S2].

BMI: 26.3 kg/m². Overweight - weight reduction advised.

Lifestyle Plan

Physical Activity Recommendations

Current activity level: Light

Recommended progression:

- **Current:** Continue current activities
- **Enhancement:** Add resistance exercises 2 days/week [S3]
- **Variety:** Include swimming, cycling, or dancing
- **Target:** Achieve 150 minutes moderate activity per week [S4]

Lifestyle Modifications

Primary goal: Improve overall health

Key recommendations:

- Regular meal timing to stabilise blood glucose
- Stress management through mindfulness or yoga
- Aim for 7-9 hours quality sleep nightly
- Smoking cessation support if applicable

Diet Plan

Dietary Principles

Following NHS Eatwell Guide with diabetes-specific modifications [S3]:

- **50% plate:** Non-starchy vegetables
- **25% plate:** Lean protein
- **25% plate:** Complex carbohydrates
- **Portions:** Use 9-inch plate for portion control

7-Day Menu Plan

Day	Breakfast	Lunch	Dinner	Snacks
Monday	Porridge (40g oats)	Chicken salad	Salmon steak	Apple & banana
Tuesday	2 scrambled eggs	Leek & potato soup	Beef & vegetable stir-fry	Apple slices with peanut butter
Wednesday	Greek yoghurt with fruit	Tuna & chickpea salad	Chicken & vegetable curry	Califlora sticks with hummus
Thursday	Overnight oats with berries	Chicken wrap with mango	Beef & vegetable stir-fry	Potatoes (grilled) & beans
Friday	Wholegrain cereal (30g)	Minestrone soup	Turkey & vegetable stir-fry	Soufflet, cheese & crackers
Saturday	Poached eggs on toast	Quinoa & vegetable salad	Beef & vegetable stir-fry	Dark chocolate (20g) & berries
Sunday	Protein pancakes	Smoked salmon & avocado	Beef & vegetable stir-fry	Roast potatoes & salad

Hydration: 6-8 glasses water daily. Limit fruit juice to 150ml/day with meals.

Monitoring & Safety

Blood Glucose Monitoring

- **Structured monitoring recommended:**
- Test before breakfast and 2 hours after main meal
 - Weekly paired testing to understand food impact
 - More frequent during illness or medication changes

Target Ranges

- **Before meals:** 4-7 mmol/L
- **2 hours after meals:** <8.5 mmol/L
- **Before bed:** 6-10 mmol/L

Hypoglycaemia Management (if <4 mmol/L)

1. Take 15-20g fast-acting carbohydrate immediately
2. Retest after 15 minutes
3. Repeat if still <4 mmol/L
4. Follow with longer-acting carbohydrate

Sick Day Rules [S6]

- Continue diabetes medications (never stop insulin)
- Test blood glucose every 2-4 hours
- Stay hydrated - sip fluids regularly
- Seek urgent help if glucose >15 mmol/L persistently

Patient Management & Follow-up

Follow-up Schedule

- **6 weeks:** Review progress, adjust targets

- ****3 months:**** HbA1c, weight, BP check
- ****6 months:**** Full diabetes review
- ****Annual:**** Complete assessment including:
 - Retinal screening
 - Foot assessment
 - Kidney function (eGFR, ACR)
 - Lipid profile
 - Flu vaccination

Red Flags Requiring Urgent Review

- Blood glucose consistently >15 mmol/L
- Symptoms of DKA (nausea, vomiting, abdominal pain)
- Severe hypoglycaemia requiring assistance
- Signs of infection with poor glycaemic control
- New vision changes or foot problems

Support Resources

- Diabetes UK Helpline: 0345 123 2399
- NHS Diabetes Prevention Programme
- Local diabetes support groups
- DESMOND/DAFNE structured education

References

[S1] Type 2 diabetes in adults: management. NICE NG28. Updated: 2022-03-31. Available at: <https://www.nice.org.uk/guidance/ng28>

[S2] Type 2 diabetes in adults: management. NICE NG28. Updated: 2022-03-31. Available at: <https://www.nice.org.uk/guidance/ng28>

[S3] Blood glucose monitoring. Diabetes UK. Updated: 2023-07-10. Available at: <https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/testing>

[S4] Type 2 diabetes in adults: management. NICE NG28. Updated: 2022-03-31. Available at: <https://www.nice.org.uk/guidance/ng28>

[S5] Physical activity guidelines. NHS. Updated: 2023-04-20. Available at: <https://www.nhs.uk/live-well/exercise/>

[S6] Sick day rules for diabetes. NHS. Updated: 2023-06-01. Available at: <https://www.nhs.uk/conditions/type-2-diabetes/>

****Report prepared in accordance with:****

- NICE NG28: Type 2 diabetes in adults: management (2022)
- NHS England: Framework for personalised care in diabetes
- Diabetes UK: Evidence-based nutrition guidelines (2023)

****Next Review Date:**** 09 November 2025

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Generated: 11 August 2025 at 20:52