

Example of GPs script:

Patient contribution

Hi there. Is that Gordon? Gordon Francis?

Sorry to call at this time. I gather you had a blood test done with us today.

Is it OK for me to talk to you about the results?

How are you...feeling, I mean....?

ICE

What were you thinking that the blood tests might show?

Yes, the sugar level really is pretty high. Today's glucose was 24. Your average glucose number, or HbA1c, is 104. It was 48 last year.

Does that trouble you?

What made you think that you might be prone to diabetes.

Can I check what you already know about diabetes.

Knowing what you know now, what do you think we should do about it?

PSO

Do you mind me asking a couple of questions about your lifestyle?

I guess it would also help me to figure out where you might go from here to know about your job and your activities....

Your records would suggest that you don't drink much and that you've never smoked.

Red flags

Has your weight changed recently?

Do you drive?

Focussed history

Do you have any of the other symptoms that people might link with diabetes?

Thirst? Peeing more than usual? Tiredness?

How's your general health otherwise?

No fever?

Focussed examination

I have your weight and height from earlier today. Your weight was 105kg. Your body mass index is 32. That is in the medically obese category. That is a major risk factor for type 2 diabetes.

Identify problem and explain diagnosis

Since your last 2 average blood sugars have been high. That means you almost certainly have diabetes.

But it is fairly unusual for type 2 diabetes....to have a sugar quite so high...

So it's important to rule out that you don't have type 1 diabetes. Particularly since your girlfriend has had some scary hospital admissions with ketoacidosis with her type 1 diabetes.

Check understanding

Am I making sense?

Just to make sure you know what to do...Please just run through what I've asked you to do.

Develops management plan / shares management plan

I won't rest easy until your urine has been checked for ketones. What's the chances that you could get a ketone test of your urine today?

That sounds perfect.

If there are ketones there, then you need to be seen in accident and emergency tonight.

You're quite happy to do that?

Safety net and follow up

If your urine shows ketones at anytime I would recommend that you get yourself to accident and emergency. That might suggest that you have type 1 diabetes with a dangerous ketoacidosis.

When are you able to come in to see me? The sooner the better.