



Useful resources to find more information

This section is designed to support the consultation and provide information sources that you may wish to share or refer the patient to during the consultation. Remember that this guide does not over ride your professional judgement when talking to patients and that they may raise issues that are not addressed in this consultation guide.

Useful resources to find more Information

TREND <http://trend-uk.org> (registration required)

Patient Leaflets: Diabetes & Steroids; Diabetes & Travel, Diabetes; Safe Driving & The DVLA; Diabetes: What to do when you are ill; Living with diabetes and dementia leaflet; Why do I sometimes feel shaky, dizzy and sweaty?

TREND-UK Documents: Blood Glucose Monitoring Guidelines consensus document; Diabetes and Dementia Guidance on Practical Management; Managing Diabetes During intercurrent Illness in the Community; Recognition, Treatment and Prevention of Hypoglycaemia in the Community

Diabetes & Driving <https://www.gov.uk/diabetes-driving>

Diabetes & Sport

<http://www.runsweet.com>

<http://www.excarbs.com>

Diabetes & Travel

<http://www.diabetestravel.org>

Diabetes & Ramadan

<https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/ramadan>

Diabetes & Fasting

<https://www.diabetes.org.uk/Guide-to-diabetes/Enjoy-food/Eating-with-diabetes/Fasting/>

Diabetes & Diet

Carbs & Cals website & App <http://www.carbsandcals.com>

Leicester Carbohydrate Portions List

<http://www.inds.nhs.uk/Library/CarbohydratePortionListBooklet111215.pdf>

Diabetes UK <https://www.diabetes.org.uk/Guide-to-diabetes/Enjoy-food/Eating-with-diabetes/What-is-a-healthy-balanced-diet/>

The Association of UK Dieticians – Food Fact Sheets www.bda.uk.com

Diabetes.co.uk <http://www.diabetes.co.uk/diet/nhs-diet-advice.html>

www.bbc.co.uk/food/recipes

www.realfood.tesco.com/recipes

Diabetes & Emotional Issues

Counselling Directory <http://www.counselling-directory.org.uk>

Particularly useful for voluntary sector organisations offering free or low-cost counselling, and private group practices.

Diabetes Information in Different Languages

(Arabic, Bengali, British Sign Language, English, Gujarati, Polish, Punjabi, Somali, Tamil, Urdu & Welsh)

<https://www.diabetes.org.uk/Diabetes-the-basics/Information-in-different-languages/>

On-Line Lifestyle Change Information

www.diasend.com - diabetes data management

www.mydiabetesmyway.scot.nhs.uk - efficiently manage your diabetes on-line NHS Scotland

- Resources to help your clinical Practice' at <https://www.diabetes.org.uk/professionals/resources/resources-to-improve-your-clinical-practice>
- 'Information Prescriptions Q&A for diabetic patients on: High blood pressure, Eating well, High HbA1c, Bad Cholesterol, Being Active, Contraception and Pregnancy, Mood, Keeping your kidneys healthy and Kidney disease' at <https://www.diabetes.org.uk/professionals/resources/resources-to-improve-your-clinical-practice/information-prescriptions-qa>
- Information on diabetes and treatment at <https://patient.info/> and <https://www.nhs.uk/pages/home.aspx>
- Patient information leaflet on 'Dealing with Hypoglycemia' at <https://patient.info/health/dealing-with-hypoglycaemia-low-blood-sugar>
- Patient information leaflet on 'Diabetes and Intercurrent Illness' at <https://patient.info/doctor/diabetes-and-intercurrent-illness> and 'Feeling Ill' at <https://www.diabetes.org.uk/Guide-to-diabetes/Kids/Me-and-my-diabetes/Getting-my-glucose-right/Feeling-ill/>

Apps

- **My Fitness Pal** (weight loss through monitoring what you eat)
- **Carbs and Cals**
- **Cook and Count**
- **Diabetes UK Tracker**
- **Diabetes Recipe App** (weekly diabetes-friendly recipes)
- **MySugr Logbook**