

# Ayra has type 2 diabetes



Ayra is 45 and was diagnosed with type 2 diabetes in 2022.

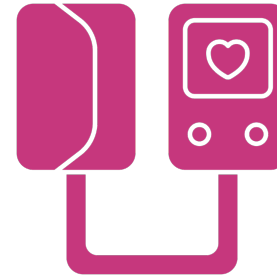
She is self-managing with metformin, increasing her movement and cutting down on smoking.

Ayra attends her GP surgery where her feet are checked, blood pressure and weight measured and urine and blood samples taken.



Ayra received her test results. She is concerned that her HbA1c is still showing as red (65mmol/mol) and her blood pressure (146/94 mmHg) and BMI (31.3) have both increased.

Her urine test results show an increased risk of kidney disease. Her foot check and eye screening results are normal.



Ayra attends her annual review. The practice nurse reviews the record. Ayra discusses her results and decides she would like to take more care of her blood pressure.

She agrees to start a new tablet for blood pressure, use a blood pressure monitor and share the readings. The discussion is recorded in the care plan.



Ayra uses a blood pressure monitor and sends blood pressure readings online for the nurse to review. The nurse adjusts the medication dose.

Ayra attends a follow up appointment and gets her blood glucose, weight and blood pressure repeated along with her kidney health tests. The doctor reviews the previous care plan and checks progress.