

# Knowing **YOUR** Numbers



East Lancashire Children and  
Young Peoples Diabetes Team

Safe | Personal | Effective

## Know Your Target

We all know that long term health in type 1 diabetes can only be achieved by good control, but what is good control and how do you know that you and your child are achieving it?

## Why Aim For Good Control?

HbA1c is a marker of the stickiness of the blood. The stickier the blood the greater the risk of the short and long term complications of diabetes. In people without diabetes HbA1c is around 30 mmol/mol.

Research and national recommendations suggest that in patients with diabetes, aiming for an HbA1c of 48mmol/mol is associated with the best long term outcome and increased survival into adult life.

HbA1c is only measured every 3 months in clinic - it is therefore important that on a weekly basis you are able to recognise whether or not you are on track to achieve your target HbA1c, in order to keep you or your child as healthy as possible.



## How Do I Know if I am On Target?

HbA1c is closely linked to average blood glucose (bG). In patients doing the recommended 5 bG readings per day, or more, looking at the average bG on your meter once per week can give you a good indication of how you are doing, or indicate the need for some changes.

It is important to agree at clinic or with your specialist nurse what a realistic target is - not everyone can achieve a target of 48 mmol/mol, but the lower the better.

The table below shows how HbA1c relates to average bG.

HbA1c (mmol/mol)	Average Blood Glucose (bG)
48	7.7
53	8.5
58	9.3
63	10
68	10.5
75	11.7

The AVERAGE of your bG will be the middle number of all your readings, worked out by adding up all of their values, and then divided by how many there are:

Example:  $8.5 + 11.2 + 4.3 \div 3 = 8$  mmol/mol

However, no need to worry, as the meter will work this out for you. Here is what to do, in 4 easy steps: (turn over page)

## Reporting Your Blood Glucose Averages

The meter displays your bG averages for the time range you choose (7, 14, 30, 60, or 90 days).

### Main Menu > My Data > Reports > bG Averages

**1.** From the Main Menu, select My Data and press .

**2.** Select Reports and press .

**3.** Select bG Averages and press .

**4.** The blood glucose averages are displayed.

To display blood glucose averages for another time range (last 7, 14, 30, 60 or 90 days), press either or to scroll the screen until you reach the time range you need.

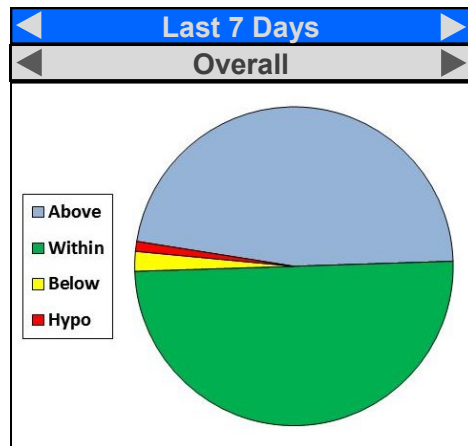
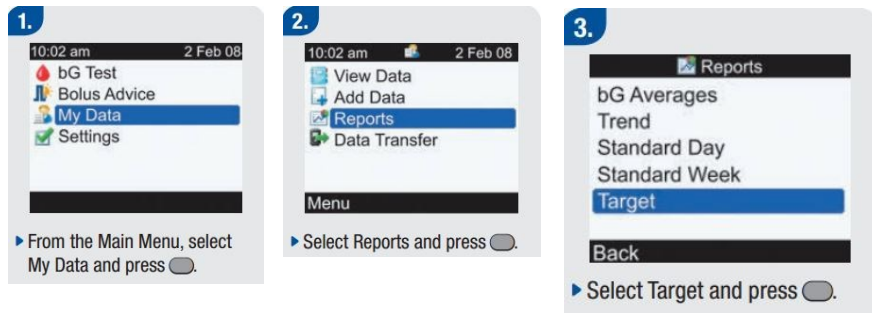
**To return to the Reports screen, select Back.**

Last 7 days			
	mmol/L	SD	Tests
Overall	9.1	4.5	37
Pre Meal	7.6	3.7	13
Post Meal	11.2	7.1	5
Bedtime	3.1		1
Other	9.7	2.8	2

## Reporting Your Target

The meter displays a pie chart illustrating your bG records as “Above,” “Within,” “Below,” and “Hypo” for the time range you choose (last 7, 14, 30, 60, or 90 days).

### Main Menu > My Data > Reports > Target



**Last 7 Days** = time range

**Overall** = meal selection

**Above/Within/Below/Hypo** = blood glucose test result categories

**Pie Chart** = represents the percentages for the blood glucose test result categories

## What and When Should I Check?

Simply scrolling through readings on your meter is rarely helpful in recognising patterns or keeping track. We appreciate that life is busy, but many families find it helpful to spend 15 minutes, once per week to check the meter and make a plan for the week ahead.

The following 2 easy checks can help to know if you are on track or whether something needs to change.

1. What is my average bG level? Is it above or below the target I agreed?
2. What is the pattern of my bG level? Am I having more high or low bG levels than I would like?

As a rough guide, aiming for half of all bG levels to be between 4 - 7, with less than 10% of bG levels being below 4 is a good place to start.

You should agree this pattern with your diabetes team.

### My Average bG Agreed Target Is:



## I'm Not Meeting My Target What Should I Do?

There are many ways to get support in sorting high bG levels:

1. Spend some time looking in more detail at patterns. Write out the bG levels by time of day, or ask to be trained in uploading your meter to **diasend** (the system we use in clinic) if you prefer a screen to paper.
2. Ring the diabetes team on 01254 732 558
3. Email or text your specialist nurse for advice.

If bG levels aren't in target and you don't know why, then please get in touch. Your team are there for you, to achieve your aims, and to keep you healthy now and in the future.

**My Specialist Diabetes Nurse is:**

**Their Phone Number is:**



## Contact Numbers

### Paediatric Diabetes Specialist Nurses

Office: 01254 732 558

**Carol Wade**

Mobile: 07866 441 041

**Vicky Phillips**

Mobile: 07973 315 298

**Clair Kneale**

Mobile: 07713 089 470

**Karen Smith**

Mobile: 07943 579 965

**Sarah Hilton**

Mobile: 07943 580 088

### Paediatric Diabetes Dietitians

**Julie Wood**

**Alison Ashworth**

Office: 01254 732 463

Authors: Paediatric Diabetes

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