

# Patient declaration and consent

I consent to having the following measured as part of the MedicX Pharmacy diabetes measurement service:

- blood glucose
- waist circumference
- body fat percentage
- weight
- height

I consent to being asked questions to gather information about my personal details, medical and family history and my lifestyle.

I consent to the information gathered and generated by this service being assessed and stored in both hard copy and on computer for the purposes of this service.

I consent where necessary to MedicX Pharmacy contacting me on the telephone number I have provided for purposes associated with this service.

I declare that the information provided by me for the purposes of this service is accurate, true and complete and that there is no reason that I cannot participate in this service and that I am over 16 years of age.

Print name:

Print address:

Dr's name and Surgery:

Signed:

Dated:

# Diabetes services

## How healthy are you right now?

## Two million people in the UK...

...are living with diabetes and learning to manage it as part of their lives. Many more than this have diabetes and don't know about it. They are suffering from symptoms such as being thirsty, frequent urination, weight loss and tiredness amongst others without really doing anything about it.

## What is diabetes?

Type 1 and type 2 Diabetes are the most common forms. The causes of both types are different, but both result in too much glucose (sugar) in the blood.

Diabetes can increase the risk of developing other conditions, such as heart disease. It can be managed effectively and many people with diabetes lead a healthy, active life.

The important thing to know is that if diagnosed early and you take the right steps you can reduce the risk of developing any complications greatly. So here's how to go about it...

## How healthy are you right now?

We can measure your blood glucose levels accurately in our pharmacy during a short and painless consultation. While it may not appear so, it is a complex process with very advanced technology so we apply a small charge. Please ask our pharmacy team for information.

After giving your consent we will invite you to our private consultation room and a fully trained member of our pharmacy team will ask you questions about your medical and family history and about your lifestyle.

We will then measure your blood glucose levels using the most up-to-date technology. This requires a small sample of blood to be taken. Results are quick and accurate.

It should take approximately 15 minutes from when you sit down.

Our pharmacist can then provide you with specific guidance and advice helping you to answer the next question you might ask...

## How can you improve your health?

We can provide you with an easy-to-understand written record of your results that you can discuss with our pharmacist in confidence.

We can tell you where you can get the right kind of help to improve your health and if there is anything you can do to instantly start making a difference.

## One step at a time

It's never easy to make a change but your health is worth it. We will ensure that our advice is realistic and that you take small steps to becoming healthier as well as supporting you with any bigger steps you may need to take.

If you think that you need help answering these questions please ask a member of our pharmacy team.

You will need to complete and sign the form on the next page and then we can start to improve your health...

