

# Diabetes



## STRUCTURED MONITORING

*Owner's manual*

**YOUR GUIDE TO MAKING SURE  
THINGS RUN SMOOTHLY  
UNDER 'YOUR BONNET'**



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Roche

When you need direction with your diabetes management, structured monitoring can give you the information to navigate through the roadblocks and put you back on the right route.

Checking your blood glucose levels provides you with positive feedback, regardless of the numbers. Structured monitoring gives you information to help you prepare for different situations.



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# YOUR DIABETES SAFETY BELT

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## What is structured monitoring?

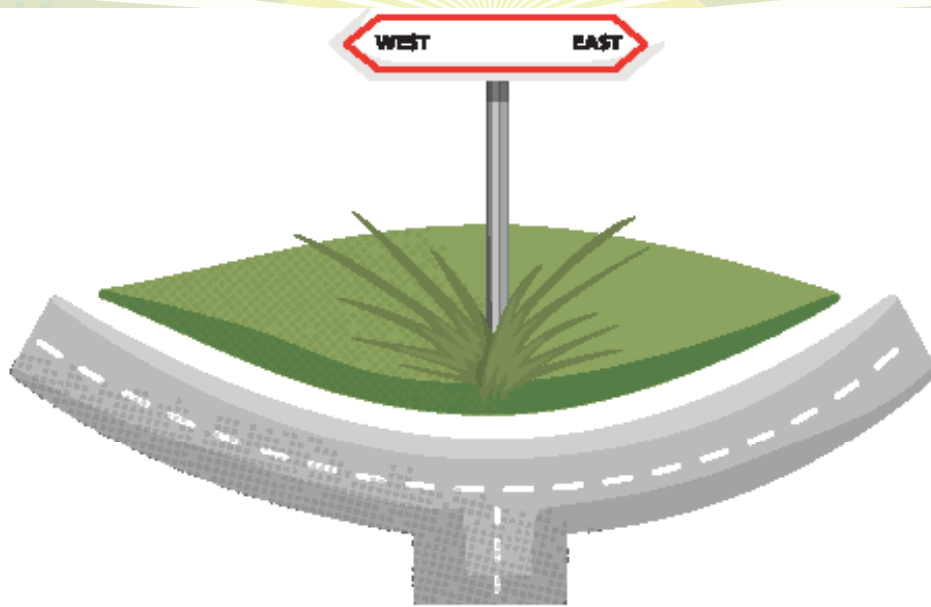
Structured monitoring can be a useful way for people with type 2 diabetes to better understand their blood glucose levels. Structured blood glucose monitoring means checking your blood glucose levels at certain times of the day (for instance after meals) for a given period (say two weeks) and then working with your diabetes healthcare team to figure out what is impacting on your blood glucose levels.

If you need guidance, your healthcare team can help you understand what works for you.

Diabetes management is an ongoing journey and from time to time, there may be moments when you're not doing as well as you would like. Structured monitoring is a way to arm yourself with the knowledge and tools to continue your journey the best you can.

Structured monitoring of blood glucose levels needs to be individualised for you. Some people may need to check their blood glucose levels more; some people may need to check their glucose levels less.





# YOUR DIRECTION OF TRAVEL

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## Right time, right frequency, right situation

For structured monitoring, you need to know what times to check, how often and in which situation is best for you. Work with your healthcare professional to understand what's right for you, so that you are prepared with the knowledge and equipment to manage your diabetes successfully.

Together with your healthcare professional, you will decide the following:

1. Your personal blood glucose targets
2. Over what period of time and how many times a day you should check your blood glucose levels?
3. Which levels you will report back to your healthcare team?
4. When together you will review your blood glucose levels

# YOUR DIABETES SERVICE MANUAL



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## Why should you use structured monitoring?

Structured monitoring of blood glucose can help you:

- See how food/ drink, physical activity and medications affect your glucose levels
- Detect blood glucose levels that might be out of your range
- See a pattern in your blood glucose levels, which can help you make more informed decisions about your diabetes management
- Work more successfully with your healthcare team and care network by informing your diabetes management decisions.



# YOUR RULES OF THE ROAD

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## Structured monitoring how-to-guide

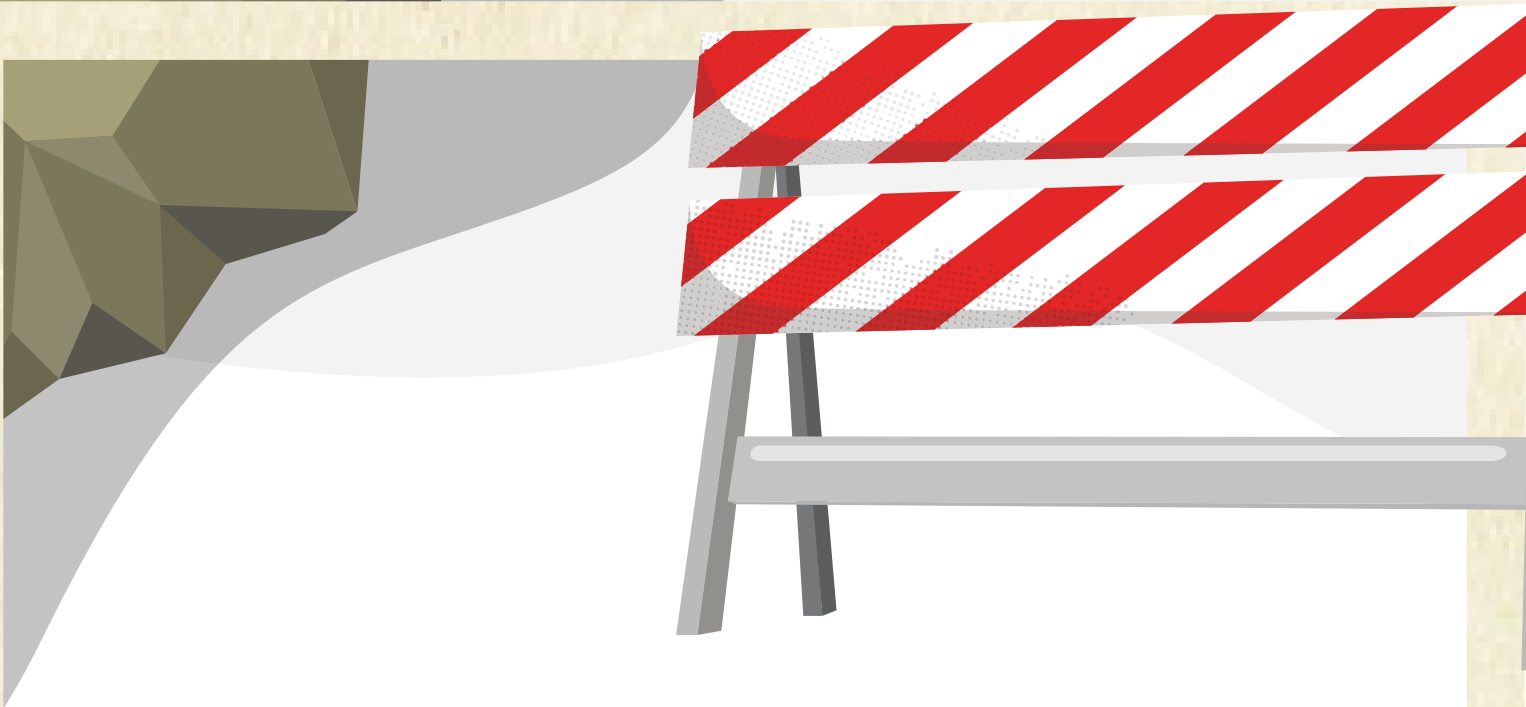
Knowing how to improve your diabetes self-care can be difficult. 'Structured' monitoring helps you to see how certain activities can affect your glucose levels. There are two types of structured monitoring.

### LOOKING FOR PATTERNS:

1. Decide on a three-day period when you will be able to check your glucose levels at set times.
2. Everyday for three days, check and write down your glucose level before and two hours after breakfast, lunch and dinner, and then again before bedtime.
3. Also write down any other relevant information, e.g. what you ate, any physical activity.
4. Check your glucose levels against your personal targets, to see if they are within, above or below target.
5. What did you discover? Was your glucose level ever low (hypo) before meals or after activity? Was it ever high (hyper) after meals? By how much? What had you eaten?
6. What does this mean for your ongoing diabetes self-care? e.g. you might want to reduce your portion sizes, or take a daily walk after breakfast or lunch.

## BEFORE-AND-AFTER CHECKS:

1. Start with one simple question, e.g. how does breakfast affect my glucose levels? Or, how does physical activity affect my levels?
2. Everyday (e.g. for the next three days), check your glucose level before and after the activity (e.g. two hours later). Write down the glucose levels and what the activity was. For a meal, write down what and how much you ate. For physical activity, write down what it was you did and for how long.
3. How did your glucose levels change following each activity? The more times you do this, the clearer the patterns will be.
4. What did you discover? Did your glucose level stay the same after the activity? Did it rise or fall? If so, by how much? You are likely to discover that what and how much you eat, or how much exercise you do, really matters to your glucose levels.
5. What does this mean for your ongoing diabetes self-care? e.g. you might want to reduce your portion sizes or take a daily walk after breakfast or lunch.
6. Go back to step 1 (above) and consider a different question. You may not need to monitor everyday to benefit from changes to your self-care. It may be useful to use structured monitoring for just three days in the week before a visit to a diabetes specialist or GP, so you can share your findings and discuss the best way to manage your diabetes moving forward.

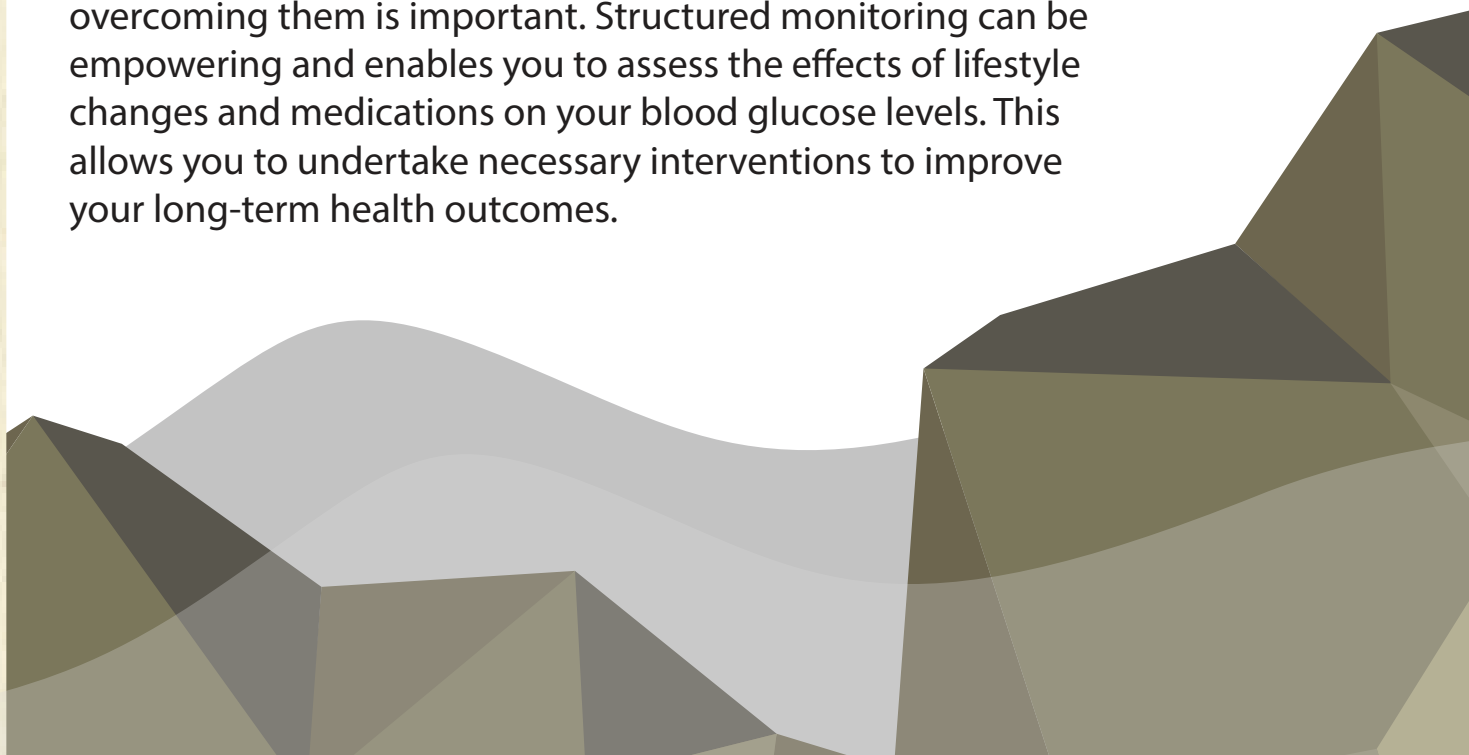


# POTENTIAL ROADBLOCKS TO STRUCTURED MONITORING

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## Are you running into structured monitoring roadblocks?

There are perceived barriers to structured monitoring, but overcoming them is important. Structured monitoring can be empowering and enables you to assess the effects of lifestyle changes and medications on your blood glucose levels. This allows you to undertake necessary interventions to improve your long-term health outcomes.







# Potential roadblocks and detours to continue your journey

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## NOT KNOWING HOW OFTEN TO CHECK YOUR GLUCOSE LEVELS

- Monitoring your blood glucose levels in a structured way can give you the information you need to make more informed decisions about your health. Work with your healthcare team to determine how often and when to check your glucose levels.
- Using structured blood glucose monitoring can help you identify patterns that can guide adjustments to your management.

## BEING WORRIED ABOUT THE RESULT

- Blood glucose levels need to be reviewed regularly, otherwise they are no good to you
- Knowing your blood glucose levels can help you better manage your diabetes, as you start to understand what impacts your glucose levels and why
- If you are practising structured monitoring, your healthcare professional will tell you if you are out of your target range and what to do if a result falls above or below this target range
- If you are concerned or confused about your glucose, speak to your healthcare professional, or call your local state or territory diabetes organisation on 1300 136 588.

## COST OF STRIPS

- Your National Diabetes Services Scheme (NDSS) card gives you a discount on the cost of strips. The NDSS also provides a range of education and support services to help you successfully manage your diabetes. Read more here [NDSS.com.au](http://NDSS.com.au)
- A structured method of monitoring your glucose levels can help limit the number of strips you use to manage your diabetes and improve the support you receive from your healthcare professional.

## FINGER PRICKING

- There are a few things that you can do to reduce the discomfort of finger pricking:
- Have clean, dry and warm hands
  - Use the side of your finger
  - Speak to your healthcare professional about the lancet device and depth that's right for you and your situation
  - Use a different finger each time and use both sides of your fingertip
  - Change your lancets regularly, as they are designed for single use and can become blunter with each use.

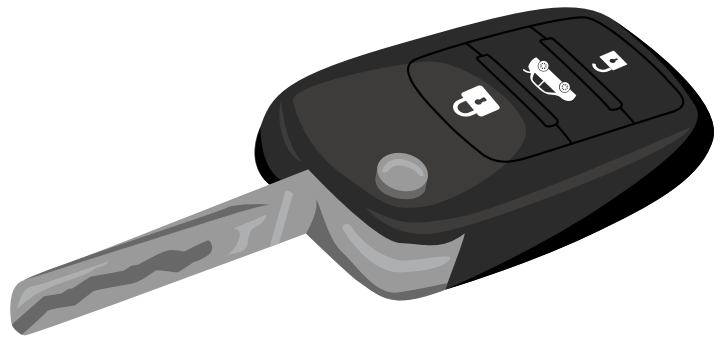
## THE INCONVENIENCE

- Spending some time on structured monitoring to understand when and why you should be checking your glucose levels, could give you more meaningful results
- When results are meaningful it, may not be inconvenient, but a source of information for better management.



# REACHING YOUR DESTINATION

## Key to success



- Think glucose monitoring, not glucose checking
- There are no good or bad results, just useful information
- Your results will guide you on future management strategies and prepare you for certain situations
- Understanding potential roadblocks will mean you know how to overcome them, should you ever have to face them.

# 3-DAY PROFILING TOOL



		Day 1 Date: _____							Day 1 Date: _____							Day 1 Date: _____						
		Before	2 hours breakfast	Before	2 hours lunch	Before	2 hours dinner	Before	Before	2 hours breakfast	Before	2 hours lunch	Before	2 hours dinner	Before	Before	2 hours breakfast	Before	2 hours lunch	Before	2 hours dinner	Before
Time																						
Insulin Units																						
Meal Size S M L		—	SML	—	SML	—	SML	—	—	SML	—	SML	—	SML	—	—	SML	—	SML	—	SML	—
Activity Level*		123 45	123 45	123 45	123 45	123 45	123 45	123 45	123 45	123 45	123 45	123 45	123 45	123 45	123 45	123 45	123 45	123 45	123 45	123 45	123 45	123 45
Blood Glucose																						
BLOOD GLUCOSE RANGE	HIGH	>16.7 mmol/L																				
		14.5-16.7 mmol/L																				
		12.3-14.4 mmol/L																				
		10.1-12.2 mmol/L																				
		7.8-10.0 mmol/L																				
		6.2-7.7 mmol/L																				After Meal Goal
		4.5-6.1 mmol/L																				Fasting/ Before Meal Goal
	LOW	2.8-4.4 mmol/L																				
		< 2.8 mmol/L																				

*ACTIVITY LEVEL					
What is your activity level?	1 Very Low	2 Somewhat Low	3 Moderate	4 Somewhat High	5 Very High

YOUR COMMENTS

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## INSTRUCTIONS:

Complete this log book  
three consecutive days.

### STEP 1

Fill in the dates for the days on which you  
will track your blood glucose results.

### STEP 2

Check your blood glucose at the times  
indicated to the left.

### STEP 3

Enter the time of the check in the first row  
of the chart.

### STEP 4

If you use insulin, enter your insulin dose  
(units).

### STEP 5

Based on your normal eating habits, de-  
scribe this meal size by circling Small, Medi-  
um or Large in the second row.

### STEP 6

Rate your activity level on a scale of 1 (very  
low) to 5 (very high) and circle that score.

### STEP 7

Enter your glucose value in the fifth row for  
that day.

### STEP 8

Graph your glucose level (from Step 7) by  
placing an X in the corresponding row  
of the chart. Then connect the Xs to see  
trends in your blood glucose levels.

# FOOD DIARY



Use this space to fill in what you eat and drink over three days.

◀ Fold Here

## DAY 1

Breakfast

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---

Snack

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---

Lunch

---

---

Snack

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Dinner

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Drinks  
(soft drinks,  
hotbeverages,  
alcohol, etc)

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## DAY 2

Breakfast

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---

Snack

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Lunch

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---

Snack

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Dinner

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Drinks  
(soft drinks,  
hotbeverages,  
alcohol, etc)

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## DAY 3

Breakfast

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Snack

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Lunch

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Snack

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Dinner

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Drinks  
(soft drinks,  
hotbeverages,  
alcohol, etc)

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