

Date: 13 April 2007
Our Ref: /
Direct Line:
Fax:
Email :

Dear Dr.

Request for Cholesterol and HbA1c

Your patient:.....D.O.B.....

Address:.....
.....

As part of our new initiative for the Chinese Community living with diabetes, your patient attended a series of three structured education sessions run between and.....

The sessions offered information and advice that was culturally tailored on living with diabetes, and aimed to encourage self management.

The topics covered included: healthy eating, menu planning, portion sizes, foot care, medication, physical activity, hypoglycaemia, hyperglycaemia, alcohol, driving, travel, coping with stress, long term complications of diabetes. Supporting literature was also given to participants. Your patient also had the following measurements taken:

- Weight at 1st session:
- BMI
- Waist
- Blood Pressure
- Weight last session

The evaluation (post education sessions) showed an improvement in diabetes knowledge amongst the participants.

The group agreed to meet again in 6 months for a review. In order to evaluate this input in terms of clinical outcomes I would be very grateful to receive information on your patient's HbA1c and cholesterol levels in six months time. **Your patient has given their consent for you to provide me with this information.**

Yours sincerely

