



Have you checked your sugar, Sugar?



Accu-Chek® 360° Testing in Pairs tool

The easy before-and-after tool to help your patients discover that what they do affects their blood glucose

ACCU-CHEK®

TESTING IN PAIRS TOOL



Have you checked your sugar, Sugar?

When to use the tool:

The Accu-Chek 360° testing in pairs tool can be used to track the following events and for these situations:

Types of events

- Meals, snacks, exercise, stress, etc.

Possible opportunities for use of the tool

- Newly diagnosed patient
- New oral medication
- Patients who are uncertain about an event, like adding mealtime insulin
- Patient is feeling well and therefore skeptical about recommended lifestyle change and monitoring blood glucose, despite rising HbA1c

TESTING IN PAIRS TOOL

For more tips and tools to help your patients with diabetes, visit www.diabetes.co.za or contact your Roche representative.

Roche Diabetes Care South Africa (Pty) Ltd. Hertford Office Park, Building E, 90 Bekker Road, Midrand, 1686
Toll free: 080-Diabetes (Dial 080-34-22-38-37)
www.accu-chek.co.za

Ref: AHCP111016

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How to use the tool:

1. Ask key questions to help determine your patients' concerns about their blood glucose.

For example:

- What is your biggest concern about your diabetes?
- What is the hardest thing you have to do to manage your diabetes?
- Would you like to know more about how the changes you've made affect your blood glucose?
- Do you know what your blood glucose should be?

2. Write the meal or activity at the top of the patient chart, and fill in the blanks in steps 1 and 2, below.

- Your patients should test their blood glucose before and after the event for 7 days and log their results.

3. Your patients can send you their results, call you or schedule a follow-up visit as soon as they complete the Accu-Chek 360° testing in pairs tool.

4. When you talk to the patient:

- Congratulate his or her effort for completing the form.
- Ask your patient what they have learned.
- Provide a simple and clear summary of the results.
- Provide guidance to help your patient work with what he or she learned.

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To order a new supply, contact your Roche representative

What do I want to learn? <i>How does working affect my blood glucose</i>				
Day	Before	After	Change	
1	3-16	128	207	84
2	3-17	126	163	37
3	3-18	124	252	128
4	3-19	85	130	45
5				
6				
7				

Name: Steren R

Date of Birth: 7/20/1911

Notes:

- Staying at home watching TV
- Working 30 minutes from lunch
- Staying at home watching TV
- Working 30 after from lunch

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Accu-Chek® 360° testing in pairs tool

Each day, check your blood glucose before:

_____ Meal/Activity
and write the number in the Before column.

2

Check your blood glucose again

_____ Hours/minutes later

Write this number in the After column, and note anything you want to remember.

Name: _____

Date of Birth: _____

What do I want to learn?			
Day	Before	After	Change
1			
2			
3			
4			
5			
6			
7			

	ADA ¹	IDF ²
Before meal	3.8–7.1 mmol/L	<6.0 mmol/L
After meal	<9.9 mmol/L 1–2 hours after the start of the meal	<7.7 mmol/L 2 hours after the start of a meal

Notes:

1. American Diabetes Association. Standards of medical care in diabetes—2010. Diabetes Care. 2010; 33 (suppl 1): S11–S61.
2. International Diabetes Federation. Guideline on Self-Monitoring of Blood Glucose in Non-Insulin-Treated Type 2 Diabetes.

Please consult with your healthcare provider before making any therapy changes, and ask what your target range should be.

What did I learn?

What can I do next?

What questions do I have for my health care provider?

Congratulations on completing the Accu-Chek 360° testing in pairs.

Visit www.accu-chek.co.za / www.diabetes.co.za for more tips and tools on managing your diabetes.

Accu-Chek Self Help: *134*76243#
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