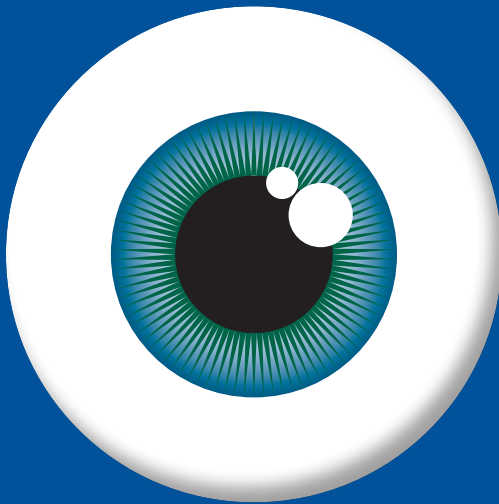




University Hospitals Birmingham
NHS Foundation Trust

www.uhb.nhs.uk



Diabetic Eye Disease Passport

Please bring this passport with you
to your appointments

Building healthier lives

To see all of our current patient information leaflets please visit
www.uhb.nhs.uk/patient-information-leaflets.htm

This passport will provide you with a record of your diabetic eye care and can assist you in obtaining help and advice.

YOU SHOULD TAKE THIS PASSPORT WITH YOU WHENEVER YOU VISIT:

- Hospital eye department
- Diabetic clinic/GP
- Optician
- Birmingham Focus

or anyone else providing your health care services.

A list of useful contacts can be found at the back of this passport.

What is Diabetic Retinopathy?

Diabetes can affect your sight in different ways. Diabetic retinopathy is the most common manifestation of diabetic eye disease and is caused by changes and damage to the blood vessels of the retina.

The retina is the light-sensitive tissue (photographic film) at the back of the eye. A healthy retina is necessary for good vision.

If you have diabetic retinopathy you may not notice any changes in your vision to begin with. However, over time diabetic retinopathy can affect your sight. Diabetic retinopathy usually affects both eyes and it can cause a severe decline in vision and even blindness if left untreated.

Early detection, regular monitoring and treatment of diabetic eye disease is essential.

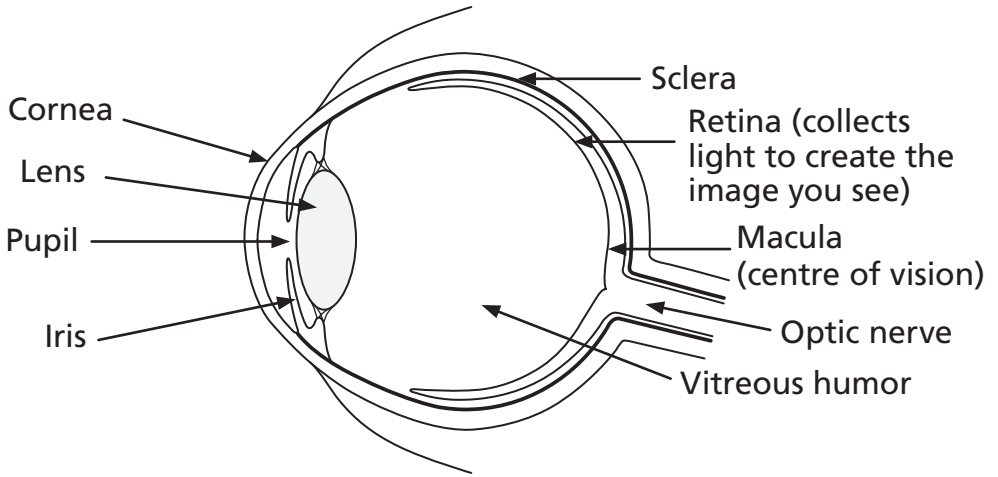
Prevention is better than cure. Research has also shown that patients with good diabetic and blood pressure control are less likely to lose their sight.

How Can Diabetic Retinopathy Cause Loss of Vision?

Blood vessels affected by diabetic retinopathy can cause sight loss in two ways:

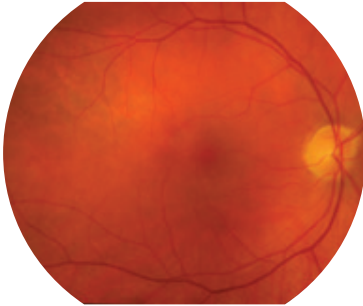
1. Abnormal damaged blood vessels can leak blood and fluid into the centre of the retina (the macula area), and cause blurred vision. When this happens it is called Diabetic Maculopathy and can result in swelling of the macula called Macular Oedema. It can occur at any stage of diabetic retinopathy, although it is more likely to occur as the disease progresses.
2. During the course of diabetes the retina may become ischaemic (reduced blood supply). If this occurs fragile new blood vessels may develop which can bleed and cause symptoms such as floaters or even sudden loss of sight. This is a severe form of diabetic eye disease called Proliferative Retinopathy.

Anatomy of The Eye



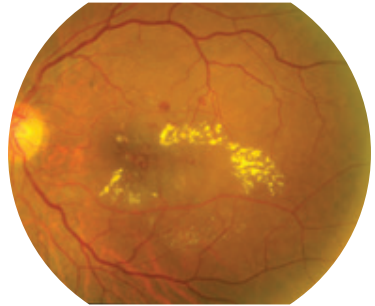
1. Normal eye

Healthy blood vessels nourish the retina.



2. Exudative Maculopathy

Lesions may form due to leakage from weak blood vessels.



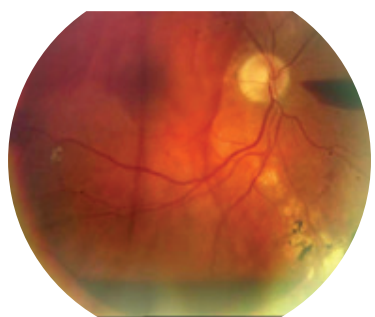
3. Proliferative Retinopathy

Impaired blood supply causes growth of fragile new blood vessels.



4. Vitreous Haemorrhage

Fragile new blood vessels may bleed into the vitreous humor.



Risk Factors That Can Make Diabetic Eye Disease Worse:

- Poor blood glucose control
- High blood pressure
- High cholesterol
- Smoking
- Pregnancy
- Worsening kidney function
- Duration of diabetes

In order to document and monitor the retinal changes, eye specialists use a classification system called Diabetic Retinopathy Grading.

Information About Your Eye Clinic Visit

When you attend the eye clinic, the nursing staff will confirm your identity, check your vision and administer drops to dilate your eyes. Eye professionals will assess and record your diabetic eye disease at each clinic visit.

In addition to your eye examination, further tests such as Macular Scanning or Fundus Fluorescein Angiography maybe ordered to assist in diagnosis, treatment and planning your care. These tests may be carried out at further clinic visits.

Patient Details

[Empty dotted box for patient details]

Contact No.

Age..... Driver Yes No Smoker Yes No

Occupation

Ethnicity Caucasian Chinese/SE Asian Asian

African Caribbean Other

If other, please specify

Referral Source (tick one or more)

Optician GP Diabetic screening

QEHB A&E Other hospital

If other please specify

Diabetic Record

Date of diagnosis

Type I

Type II Insulin Tablets Diet

Gestational

Family history of diabetes Yes No

Ocular Medication

Name and Frequency	Eye	Name and Frequency	Eye
1	R L	6	R L
2	R L	7	R L
3	R L	8	R L
4	R L	9	R L
5	R L	10	R L

Comments

--

Medication

Name and Frequency

1	6
2	7
3	8
4	9
5	10

Allergies

Yes None known

If yes, please specify:

Clinical Staff to Complete

Date:
Location:
Examined by:

Observations			
Blood Pressure		HbA1c	
Cholesterol		BM stix	

Best Corrected Visual Acuity Snellens/Logmar			
Right eye		Left eye	
	Glasses		
	IOP		

Diabetic Retinopathy Grading			
Right eye		Left eye	
R	M	R	M

Ophthalmic Tests	
OCT Macula	
FFA / Fundal Imaging	

Treatment:

Follow-up:

Other Ocular Conditions:

Right eye

Left eye

Next appointment date

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Your Notes

A series of 20 horizontal dotted lines for writing notes.

Will Diabetic Eye Disease and/or Retinal Laser Treatment Affect My Ability To Drive?

You should ask your Consultant and their team about your responsibilities with respect to driving. You should also contact the DVLA (Driver and Vehicle Licensing Agency).

KEY POINTS TO REMEMBER

Diabetic eye disease can get worse over time but the following measures can help you to reduce your risk factors and to slow the progress of the disease:

- Control your blood glucose and blood pressure as effectively as possible
- Keep all your regular health care appointments
- Maintain a balanced and healthy lifestyle
- If you are a smoker, smoking cessation clinics are available to help you. [Visit **www.nhs.uk/smokefree**](http://www.nhs.uk/smokefree)
- You must seek urgent professional advice if you notice:
 - **A sudden change in your sight especially if there is loss of vision, distortion of central vision or an increase in floaters**

More Information and Support

Diabetes UK Careline

0345 123 2399

(Monday-Friday 09:00-17:00)

Email: careline@diabetes.org.uk

Diabetes UK

Macleod House

10 Parkway, London, NW1 7AA

Telephone: 0345 123 2399

Fax: 020 7424 1001

Email: info@diabetes.org.uk

Birmingham Focus on Blindness

0121 478 5200

www.focusbirmingham.org.uk

Birmingham Social Care and Health Visual Impairment Team

0121 464 9455

Email: visual.impairment.team@birmingham.gov.uk

Citizens Advice Bureau

Helpline: 03444 77 1010

(Monday-Friday 09:30-16:30)

The Macular Society

www.macularsociety.org

Helpline: 0300 3030 111

DVLA (Driver and Vehicle Licensing Agency)

www.gov.uk/diabetes-driving

Useful Telephone Numbers

Ophthalmology Department

Area 1, Level 0

Queen Elizabeth Hospital Birmingham
Mindelsohn Way
Edgbaston
Birmingham
B15 2GW

Telephone: 0121 371 6476

Birmingham and Midland Eye Centre (City Hospital)

City Hospital NHS Trust
Dudley Road
Birmingham
B18 7QH

Telephone: 0121 507 6780 (07:00 to 19:00)
0121 554 3801 (19:00 to 07:00) ask for eye
centre night sister



PI19/1011/03 UHB/PI/1011 (Edition 3)

Authors: Carmen Duff, Ophthalmic Sister

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