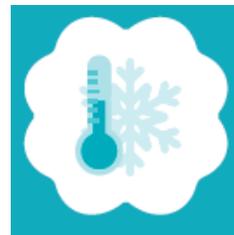
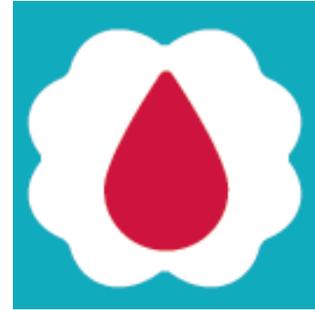


Let's Talk Health

Month: March 2020

Focus Service: Diabetes 5 Point Check



Diabetes 5 Point Check

Diabetes occurs when there is a lack of a hormone called insulin in the body, or when the body does not respond properly to insulin. Insulin is released by an organ called the pancreas. It is responsible for letting glucose (sugar) in to the cells in the body to produce energy. Without insulin, the amount of glucose in the bloodstream builds up and becomes too high.

Type 1 diabetes usually occurs before the age of 35. People with type 1 diabetes produce no insulin and therefore must treat their diabetes by injecting insulin in order to control their blood sugar level.

Type 2 diabetes is more common in adults over 40 years of age. People with type 2 diabetes make some insulin. In some cases they may be treated with diet, exercise and weight loss. When these treatments are not effective, anti-diabetic medication or insulin injections may be required.

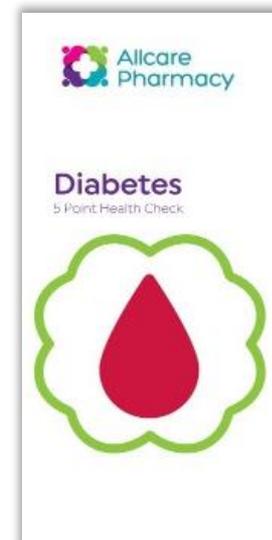
At Allcare, we offer the Diabetes 5 Point Health Check to assess some of the main risk factors for developing diabetes.

The Allcare Diabetes 5 Point Health Check measures the following:

Blood Glucose, Blood Pressure, BMI, Waist Size and Exercise

Please make sure that you have all of the necessary materials in your pharmacy in order to carry out a **Diabetes 5 Point Health Check**. These include:

Glucometer	Blood Pressure Monitor
Weighing Scales	Cotton wool
Tape Measure	Lancet
Height Measure	Test strips
Kidney dish	Alcohol wipes
Latex Gloves	Plasters



Diabetes 5 Point Check – Rewards Offer and Recording



Rewards Exclusive – We are offering a FREE Diabetes 5 Point Check for all customers signed up to a Rewards Card. Simply put the Diabetes 5 Point Health Check through on MARS and swipe the customer's Rewards Card to enable a FREE of charge sale.

In order to ensure accurate and complete patient records and to facilitate tracking of health services delivered across our pharmacies, all health services (both revenue generating and non-revenue generating) need to be recorded on MPS. To record your diabetes 5 point Health Check on MPS please do the following:

1. Check that the patient has a Patient Medication Record (PMR) on MPS

If they don't, one will need to be set up. Make sure to record all details provided during the consultation

including date of birth, contact telephone number(s), GP etc.

2. Enter details of the health service delivered as if you are dispensing it as a product for the patient

Select the scheme as OTC so it does not get entered as a product on your claim file.

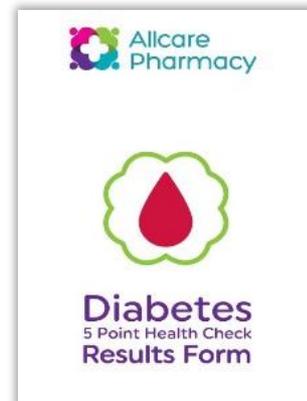
All items are set to zero cost, VAT and mark-up and are listed on the product file on MPS.

Therefore entry on the PMR does not generate a charge for the patient regardless of the service entered. Health services with a sales value must also be logged on MARS to facilitate payment.

To record Diabetes 5 Point Health checks please use the following descriptions:

Diabetes 5 Point Check – Referral Required

Diabetes 5 Point Check – No Referral Required



Diabetes 5 Point Check – SOP Sign Off

Please ensure all staff members sign off the following SOP's:

- SOP HS3 Blood Glucose Screening
- SOP HS1 Providing Blood Pressure Health Check

Almost a quarter of a million people in Ireland are living with diabetes. The most common type of diabetes is Type 2 diabetes. People at risk of developing Type 2 diabetes can be detected before the onset of symptoms and clinical signs. Screening allows the identification of people who are at risk, and who should possibly be referred for diagnostic testing. Screening helps avoid delayed diagnosis and development of further complications. It is important to remember that screening services have limitations and should not be confused with diagnostic tests or be seen as a method of disease prevention. However, screening services can be very beneficial as they can help identify and influence risk factors to prevent disease or detect abnormal results that subsequently could result in an earlier diagnosis.

'LOVE YOUR SKIN' Training Day

March 10th – The Clayton, Liffey Valley

March 11th – The Maryborough, Cork

MARCH CALENDAR:

International Women's Day – 8th March

World Down Syndrome Day – 21st

March

'LOVE YOUR SKIN' Training Day

'LOVE YOUR SKIN' TRAINING DAY

Featuring....

External speakers from key suppliers such as:

- LRP & CERAVE
- E45
- MYCLARINS
- EUCERIN
- AVEENO
- AVENE

For more information or to book your place contact Jacqui Leonard at jleonard@uniphar.ie or call 01-4287860. Please note that places are limited so book early to avoid disappointment!

Dates and Locations

Tues March 10th
Clayton,
Liffey Valley,
Dublin
Start time 10am

Wed March 11th
The Maryborough Hotel,
Cork
Start time 10am

*Registration, tea & coffee from 9:30am