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Beth is keen to achieve a low HbA1c pre-pregnancy and she has achieved this. Acknowledge and congratulate her on the achievement of her goal.

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The most striking aspect of this AGP is that the blue average line is in the hypo range overnight. This tells us that Beth is hypoglycaemic at night on most days when her basal insulin is acting. This indicates that basal insulin may need to be reduced. The significant amount of hypoglycaemia on this AGP raises the question of impaired awareness of hypoglycaemia which needs to be addressed with Beth during the consultation.

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There is high average glucose in the evening, after the evening meal. However, it returns back to the normal/hypoglycaemia range before bed. The peak in glucose could be reduced by ensuring the evening dose of rapid acting insulin is given 15-20 minutes before the meal. However, the priority to address in this consultation is resolving the hypoglycaemia identified in step 2

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The blue and grey bands are billowing through much of the day and evening, indicating significant day-to-day glucose variability. However, the striking nocturnal hypoglycaemia should be the priority for this consultation. Once the trend of overnight low glucose is addressed, the variability identified in step 4 can become a focus for management.

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The striking nocturnal hypoglycaemia should be the priority. Reduce the basal insulin, aiming to prevent hypoglycaemia.


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Top tips that make the most of an AGP review

Consultation time is always limited, so let’s look at how to make the most of this precious time.

- **Perspective:** It is important to keep perspective on the results during an AGP review and look back at AGPs from previous appointments. Also, patients may not look at their AGP outside of the clinic review. Always remind them to reflect on how their lifestyle can influence the AGP.

- **Focus on glucose levels overnight:** The period between going to bed and waking before breakfast covers around a third of the day. If this part of the day is under control, then you can focus on the task of dealing with everything that impacts on daytime glucose control.

- **Consider medication, lifestyle & behaviour:** When you see high or low glucose, use the shaded bands to guide you to the cause. A narrow inner-blue band indicates a trend that is happening consistently each day, so consider medication and mealtimes. A wider outer-grey band reflects glucose variation for different reasons on different days, so focus on aspects of behaviour or lifestyle, such as a missed insulin injection, periodic exercise, social events or illness.

- **Always sense-check your assumptions:** Let the patient guide the AGP review, as their agenda is paramount. Only they can provide the personal insights that give meaning to the patterns and trends that the AGP reveals. This will empower them to take control of day-to-day decisions in their diabetes self-management.

- **Use patient friendly analogies:** patients are not seasoned healthcare professionals, they use language that means something to them every day. Hypoglycaemia in their world is ‘going a bit wobbly’ or ‘feeling a bit all over the place’. In an AGP review, use analogies for what you are discussing that will be understood, such as those below.

### Simple Analogies:

<table>
<thead>
<tr>
<th>Analogy</th>
<th>What it is describing</th>
<th>Interpretation</th>
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<tbody>
<tr>
<td>Air under the clouds</td>
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<td>The patient can see that ‘getting off the rollercoaster and onto the merry-go-round’ is a good thing. This reinforces the concept of unwanted high-low variability, with the aim to get a patient towards a flatter profile with less variability.</td>
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Case Study: Beth

**Patient Information:**

- **Age:** 26
- **Gender:** Female
- **Diabetes (Type):** Type 1 diabetes
- **BMI:** 25
- **Duration of diabetes:** 8 years
- **Last HbA1c value:** 46 mmol/mol
- **Profession:** Assistant
- **Target range:** 4-10 mmol/L

**Treatment Parameters:**

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**Co-morbidities:**

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**Summary:**

Keen to conceive and trying to improve glucose control. Beth reports that she cannot feel her hypos coming on as well as she used to.

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Pre-conception preparation: improving glucose time in range and reducing HbA1c.

Consultation AGP

![Consultation AGP graph](image-url)
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