

How do I record and chart blood sugar levels?

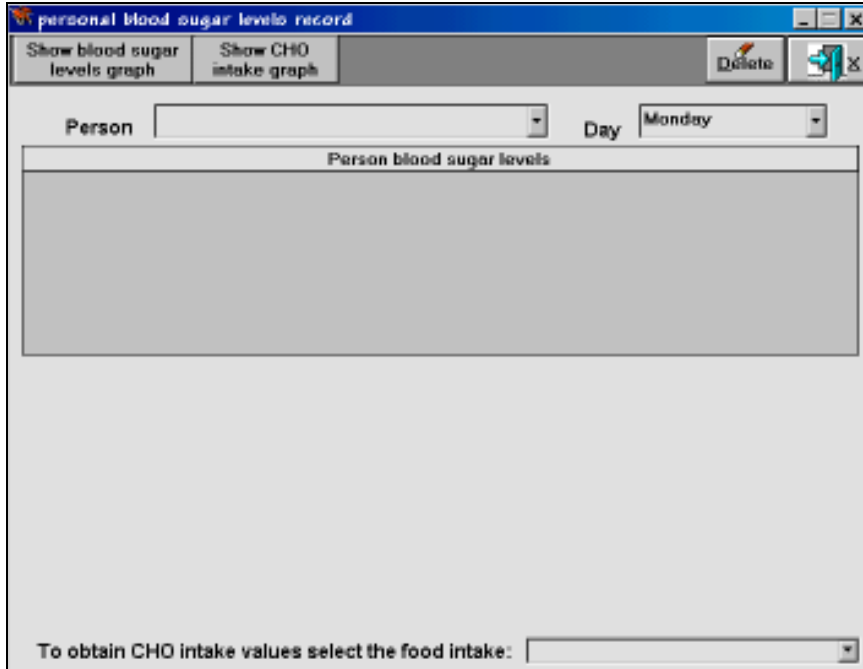
The purpose of this training sheet is to show you how you can record blood sugar levels and obtain comparison charts with carbohydrate intake during the day.

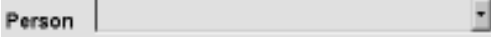

Recording blood sugar levels



From the main menu bar, select the **P**erson option, then select **P**erson Blood Sugar levels.



the personal blood sugar levels record screen is displayed as shown below:



In the person area of the screen  click the  to display a drop-down list of persons. Select the person¹ for which blood sugar levels are to be entered.

In the day area of the screen  click the  to display a drop-down list of days. Select the day for which blood sugar levels are to be entered. Note that to get the comparison with carbohydrate intake of a food intake you need to select the same day as you recorded the food intake details for.

The personal blood sugar levels details area will now display a table with columns headed Hour, Mins, Mmols/l, and Notes.

Enter a number (in the range 0 to 24) for the hour of the day when the reading was taken, the mins past the hour (0 to 60), the Mmol reading and any notes you want to record, such as how you are feeling.



Note that if the hour is on or after 1pm then you record the hour as 12 plus the time, for example 5pm would be recorded as 17. Entering the minutes or notes are optional.

¹ : If there are no persons in the drop-down list you need to create a person first, and food intake. This can be done in one go using the food intake wizard.


An example is shown below:

Person blood sugar levels				
	Hour	Mins	Mmols/l	Notes
	7	0	7.20	feeling fine
	14	30	6.50	a bit tired
*				

Continue to record the blood sugar level details.

If you have made a mistake and want to remove a reading then highlight the line by clicking the at the left of the line, and then click  and click  to the confirmation message.

Recording Carbohydrate intake times

Click the  in the following area to obtain a drop-down list of food intakes for the person:

To obtain CHO intake values select the food intake:

and select the food intake. If you have selected a day on which you have entered details for the food intake then the carbohydrate values will be displayed as shown below:


Person Carbohydrate intake (g.)				
	Hour	Mins	CHO	Meal and comments...
<input checked="" type="checkbox"/>	0	0	17.93	Breakfast
<input type="checkbox"/>	0	0	2.13	Morning tea
<input type="checkbox"/>	0	0	12.33	Lunch
<input type="checkbox"/>	0	0	0.15	Afternoon tea
<input type="checkbox"/>	0	0	16.81	Dinner
<input type="checkbox"/>	0	0	12.95	Supper

If not then you can select an alternative day or food intake so the CHO values are displayed.

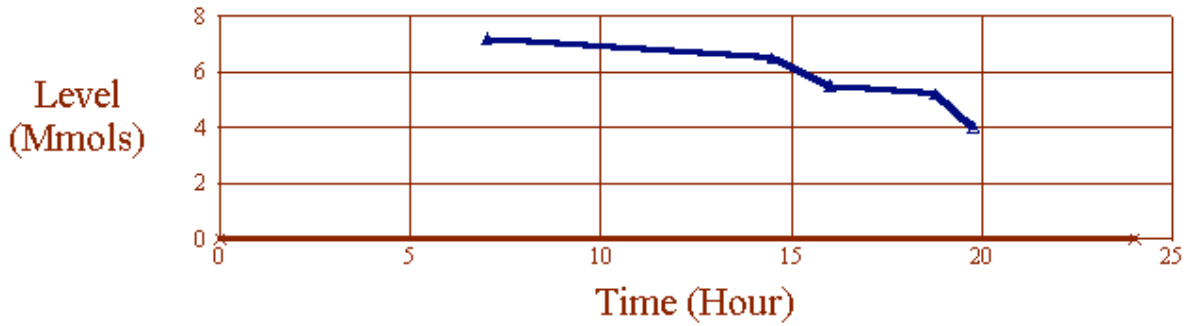
Enter the time of the meal (Hour and Mins.) You can add comments after the meal.

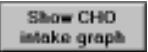
Person Carbohydrate intake (g.)				
	Hour	Mins	CHO	Meal and comments...
<input type="checkbox"/>	8	0	17.93	Breakfast
<input type="checkbox"/>	10	30	2.13	Morning tea
<input type="checkbox"/>	13	0	12.33	Lunch
<input type="checkbox"/>	15	0	0.15	Afternoon tea
<input type="checkbox"/>	19	30	16.81	Dinner
<input checked="" type="checkbox"/>	20	45	12.95	Supper

Viewing the graphs

Click  to view a graph of your blood sugar level recordings. A graph such as shown below will be displayed:


Blood sugar levels over time



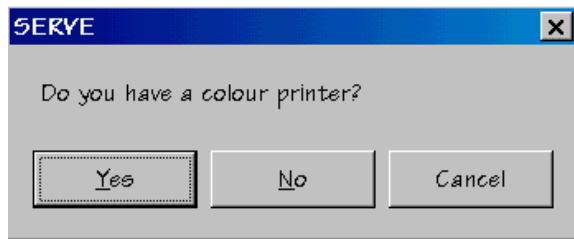
Click  to view a graph of your carbohydrate intake. A graph such as shown below will be displayed:

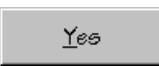
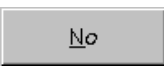
CHO intake over time




To obtain a printed copy of these charts click 

The following window will be displayed:



Click  or  as appropriate and the charts will be printed on your printer.

To hide the chart and return to the table view click in the chart area.

When you have finished click  to exit.