

PATIENT **Sunil Ramachandran** | DOB **16/07/1974** | INTERVIEW COMPLETED **8 September 2026** | EXPORTED **8 September 2026**

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Patient-reported data only — your clinical interpretation follows in the appointment.

AT A GLANCE			Generated 15:37 BST
Complaint	“My sugars are all over the place”	Since diagnosis	“About seven years” (patient reports type 2 diabetes)
Last HbA1c	“The last one was 78” (patient-reported, units not stated)	Hypos per month	“A couple”; awareness reported preserved
PAID	48/100	Driving status	Drives a car; one hypo while driving reported
Safety status	Safety flags reported — see Safety flags below		

KEY POINTS

- Readings “anything from 4 to 17” and “the last HbA1c was 78”.
- Hypos “a couple of times a month”, usually “before lunch”, and one while driving.
- “a sore on my big toe” for “about a month” that is “not healing”.
- Metformin, gliclazide and a night-time insulin “started last year”, with missed doses “when I’m working late”.

SAFETY FLAGS

REPORTED PRESENT	REPORTED ABSENT
“a sore on my big toe”, right foot, “about a month”, “not healing”; not yet shown to anyone. One hypoglycaemic episode while driving: “I felt it coming and pulled over”.	A hypo needing help from another person, or an ambulance; loss of the usual warning symptoms of a hypo; sudden change in vision.

QUESTIONNAIRE SCORES

Problem Areas In Diabetes (PAID)	48/100	High diabetes-related distress (instrument cut-off 40)
Hypoglycaemia frequency (structured)	“A couple” per month	Patient-reported; awareness reported preserved

PROBLEM SUMMARY

Told they have type 2 diabetes “about seven years” ago and that their readings are “all over the place”, “anything from 4 to 17”, with “the last HbA1c” reported as 78. Hypos are reported “a couple of times a month”, usually “before lunch”, with warning symptoms the patient recognises, including one while driving when the patient “pulled over”. Metformin, gliclazide and a night-time insulin, with doses missed “when I’m working late”, weight gain of “a stone”, shift work and takeaway meals.

GLUCOSE CONTROL AND MONITORING

- **Testing:** finger-prick “a few times a week”; “I don’t always bother”.
- **Readings:** “anything from 4 to 17”; highest “after a takeaway”.

HYPOGLYCAEMIA

- **Frequency:** “a couple of times a month”; timing “before lunch” and “if I skip breakfast”.
- **Warning symptoms:** “shaky and sweaty”; “I can tell when it’s coming”.

TREATMENT AND ADHERENCE

- Metformin twice daily; gliclazide “with breakfast”; a night-time insulin “started last year”, dose “24 units, I think”.
- **Missed doses:** “when I’m working late”, “a few times a week”.

MEDICATIONS AND LIFESTYLE

- **Medications:** metformin, gliclazide, night-time insulin, ramipril, a statin.
- Smoker, “five a day”; alcohol “not much”.

RELEVANT COMORBIDITIES

- High blood pressure and being told of a “fatty liver” (patient’s words).
- **Family:** “both parents” have diabetes.

OUTSTANDING CLINICAL QUESTIONS

- The exact insulin dose was uncertain (“24 units, I think”).
- The units of the reported HbA1c were not stated.

This summary was prepared from a patient-reported pre-consultation interview. All information is self-reported and unverified. Clinical findings, examination, and objective investigations are required before any clinical conclusions can be drawn.