

Clinical Progress Note

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Endocrinology Outpatient Review - 6 August 2026

Reviewed following improved glycaemic control with occasional low glucose readings.

Active conditions: type 2 diabetes mellitus (onset June 2019) and hypertension (onset January 2020).

Current medications: metformin 1 g orally twice daily (since April 2021); gliclazide modified release reduced to 30 mg orally once daily.

Recent observations: systolic blood pressure 126 mmHg on 4 August 2026 and 126 mmHg on 10 March 2026. Body weight 75.9 kg on 4 August 2026, compared with 76.5 kg on 10 March 2026. The patient attends a community walking group three times weekly.

Plan: continue home glucose monitoring; GP review in 4 weeks; repeat HbA1c in 6 months.