Transcript: *using computer software to record blood glucose levels*

"Care Sense have a software to help manage your diabetes and basically you just need to get the cable that plugs into any of the Care Sense meters, and what this does is enables you to see exactly what's happening.

You need to turn the meter on, and it will tell you that it is connected to the PC and then you need to download the data. This doesn't take very long at all. As you can see its downloading the data from the meter onto the computer.

Once that's done, you can click on the tick and it tells you that the blood glucose data has been successfully downloaded and we go over to the reports and what happens is that I can see exactly what Molly's blood glucose readings have been doing. So I can look at the last 1 – 90 days, or all of the data that's on that meter.

Now the green band is her within range band so that's what we want to aim between 4.4 and 10. The red dots are her outside of range so on the upper level and then the blues are her lows.

We can also look at log books so this is actual, the log book that you write in, and you can make notes in any of the readings, so if we want to comment on the overnight one here we can see that she's had a little test overnight or after dinner here she had a low, you can just click on that and make a comment. Any of these reports can be emailed, they can be printed, so you can send them through to your Diabetes Nurse Specialist to have a look at if you want to or you can print them out and bring them to your next appointment".