

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Medical Record #: \_\_\_\_\_

## NYC DOHMH DIABETES CARE FLOWSHEET

### DATES & RESULTS

<b>History and Physical</b>		<b>Frequency</b>	<b>Goal</b>			
Blood pressure	Every visit	< 130/80				
Weight	Every visit	Individualize				
BMI	Every visit	Individualize				
Dilated retinal exam	Annually	Retinopathy prevention				
Comprehensive foot exam	Annually or every visit for high-risk patients	Lower extremity amputation prevention				
<b>Laboratory Analysis</b>		<b>Frequency</b>	<b>Goal</b>			
A1C	Every 3-6 months	< 7.0%				
Fasting lipid profile	Annually					
LDL		< 100 mg/dL				
Triglycerides		< 150 mg/dL				
HDL		> 40 mg/dL in men; > 50 mg/dL in women				
Total		< 200 mg/dL				
Urine albumin-to-creatinine ratio (spot sample)	Annually, to screen for microalbuminuria	< 30 µg/mg				
ECG	Baseline & as clinically indicated					
<b>Vaccinations</b>		<b>Frequency</b>				
Influenza	Annually					
Pneumococcus	Once, but revaccinate if patients are > 65 and were vaccinated <65 and if 5 years have elapsed					
<b>Medication</b>						
Insulin:						
Oral Hypoglycemic:						
ACE Inhibitor:						
Asprin (75 - 325 mg/day):						
Lipid Lowering Agent(s):						
Other:						
<b>Counseling and Risk Reduction</b>						
Smoking status: _____ Never _____ Former _____ Current: Quit Date: _____						
Dental care (refer for annual dental care)						
Sexual functioning						
Depression screening						
Preconception counseling and pregnancy care						
<b>Self-Management</b>		<b>Goals (to be set jointly by the clinician and the patient)</b>				
Physical Activity	30 minutes of moderate to vigorous physical activity at least 5 days a week					
Nutrition	Advise a diet of low saturated and trans fats and high fiber					
Weight management	For overweight patients (BMI ≥25 kg/m <sup>2</sup> ), advise a 10% weight reduction at a rate of 1-2 lbs/week					
Self blood glucose monitoring	Teach technique, frequency and actions to take if blood sugar is too high or too low					
Self foot exam	Teach technique and evaluate how the patient performs exam					