

Name: _____ DOB: _____ Medical Record #: _____

| DIABETES CARE FLOWSHEET | | | DATES & RESULTS | | | | | |
|---|---|--|-----------------|--|--|--|--|--|
| History and Physical | Frequency | Goal | | | | | | |
| Blood pressure | Every visit | < 130/80 | | | | | | |
| Weight | Every visit | Individualize | | | | | | |
| BMI | Every visit | Individualize | | | | | | |
| Dilated retinal exam | Annually | Retinopathy prevention | | | | | | |
| Monofilament and peripheral pulses foot exam | Annually or every visit for high-risk patients | Lower extremity amputation prevention | | | | | | |
| Laboratory Analysis | Frequency | Goal | | | | | | |
| 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 | | | | | | | |
| Vaccinations | Frequency | | | | | | | |
| Influenza | Annually | | | | | | | |
| Pneumococcus | Once. Revaccinate patients > 65 who received the vaccine 5 years previously & were < 65 years old. | | | | | | | |
| Counseling and Risk Reduction | | | | | | | | |
| Smoking status: _____ Never _____ Former _____ Current Quit Date: _____ | | | | | | | | |
| Aspirin therapy (75 - 325 mg/day) | | | | | | | | |
| ACE Inhibition/ARB: Treatment for hypertension or microalbuminuria | | | | | | | | |
| Dental care (refer for annual dental care) | | | | | | | | |
| Sexual functioning | | | | | | | | |
| Depression screening | | | | | | | | |
| Preconception counseling and pregnancy care | | | | | | | | |
| Self-Management | Goals | Patient Goals (Set jointly by clinician and patient) | | | | | | |
| 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 fat and high fiber | | | | | | | |
| Weight management | For overweight patients (BMI >25 kg/m ²), 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 | | | | | | | |