

DIABETES CARE FLOWSHEET			DATES & RESULTS			
<b>History and Physical</b>	<b>Frequency</b>	<b>Goal</b>				
<b>Blood pressure</b>	<b>Every visit</b>	<b>&lt; 130/80</b>				
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				
<b>Laboratory Analysis</b>	<b>Frequency</b>	<b>Goal</b>				
<b>A1C</b>	<b>Every 3-6 months</b>	<b>&lt; 7.0%</b>				
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. Revaccinate patients > 65 who received the vaccine 5 years previously & were < 65 years old.					
<b>Counseling and Risk Reduction</b>						
<b>Smoking status: _____ Never _____ Former _____ Current Quit Date: _____</b>						
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						
<b>Self-Management</b>	<b>Goals</b>	<b>Patient Goals</b> (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 <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					