

**DIABETES MELLITUS CLINICAL PRACTICE GUIDELINES**

Name \_\_\_\_\_ Pt. ID #: \_\_\_\_\_  
 DOB \_\_\_\_/\_\_\_\_/\_\_\_\_  
 SEX F \_\_\_\_\_ M \_\_\_\_\_ Type 1: \_\_\_\_ Injections/day \_\_\_\_\_ Ins type: \_\_\_\_\_ Pump Tx \_\_\_\_ DKA Hx \_\_\_\_  
 Age Diagnosed \_\_\_\_ or year Dx \_\_\_\_\_ Type 2: \_\_\_\_ Oral Meds: \_\_\_\_\_ Ins type: \_\_\_\_\_ Hypoglycemia hx: \_\_\_\_\_  
 Beginning Ht \_\_\_\_\_ and BMI \_\_\_\_\_ DM Complications: \_\_\_\_\_  
 Flu Vaccination \_\_\_\_/\_\_\_\_/\_\_\_\_ Pneumococcal Vaccination \_\_\_\_/\_\_\_\_

<b>DATE OF SERVICE</b>									
<b>A1C value</b> (<7% 2Xyear, >7% Q 3months) (Recommend: Type 1: q3mo Type 2: q6 mo) Goal: General <7.0% Individual <6.0%									
<b>BLOOD PRESSURE</b> (every visit) Tx Needed if: >130/80 Tx and type: Drug/Diet/Exercise									
<b>CHOLESTEROL/LIPID PROFILE</b> (annual) ADA Goal: LDL <100 LDL HDL >40 ♂, >50 ♀ HDL TG <150 TG									
Tx: Yes/No Type: _____									
<b>WEIGHT in LBS</b> (every visit) / (BMI optional)									
<b>SERUM CREATININE</b> (annual) <b>Creatinine Clearance</b> <b>CALCULATED GFR</b> <b>Stage/Level of CKD</b> (see below)									
<b>MICROALBUMINURIA value</b> (annual) Action Needed if: >30 on 2 of 3 Specimens within 3-6 months									
Tx: ACE ____ ARB ____ (Yes\No)									
<b>TYPICAL PLASMA GLUCOSE</b> : (Average/range) ADA Goals: Preprandial 90-130, 2hr pp <180 ACE Goals: Preprandial <110 , 2hr pp <140									
<b>Physical Activity</b>									
<b>Antiplatelet Tx</b> - yes/no Rx/dose _____									
<b>FOOT EXAM</b> (at least 1x/year) Sensation and PAD <b>Level of Risk: High/Low</b>									
<b>Neurothy screening</b> -DPN and Autonomic									
<b>SELF-MANAGEMENT GOAL:</b>									
<b>SMOKING STATUS:</b> Smoker? Yes\No Referred/Advised to quit?									
<b>TSH</b> (initial assessment and yearly)									
<b>ORAL/DENTAL EXAM</b> (annual)									
<b>DILATED EYE EXAM</b> (annual) Dr. _____									
<b>DIABETES EDUC PROGRAM</b> (Hx? and referral)									
<b>Medical Nutrition Therapy</b> (Hx? and referral)									

Stages of Kidney Disease by GFR (ml/min/1.73m<sup>2</sup>) 1= >90 2= 60-89 3= 30-59 4= 16-29 5= <15 [http://www.kidney.org/professionals/kdoqi/gfr\\_calculator.cfm](http://www.kidney.org/professionals/kdoqi/gfr_calculator.cfm)

