



DIABETES – Guidelines for Care Checklist

Patient Name:	Physician Name:			
Date of Birth:	Physician Phone:			
Patient #:				
INTERVENTIONS	DATE	DATE	DATE	DATE
Blood pressure goals (check BP at each visit) < 130/80 mm Hg (<120/80 is optimal) Higher or lower systolic blood pressure targets may be appropriate.				
Weight (lb or kg)				
Height				
BMI				
Visual Foot Inspection (each visit)				
Fasting Lipid Profile Goals (annual; more frequently if treating to goal: check in 6-8 weeks after med/dosage change)				
• Total Cholesterol < 200 mg/dL	mg/dL	mg/dL	mg/dL	mg/dL
• HDL (> 40 mg/dL in men and > 50 mg/dL in women)	mg/dL	mg/dL	mg/dL	mg/dL
• LDL < 100 mg/dl (option <70 mg/dL if with overt CVD)	mg/dL	mg/dL	mg/dL	mg/dL
• Triglycerides < 150 mg/dL	mg/dL	mg/dL	mg/dL	mg/dL
A1c Goal: < 7.0% (Goal should be individualized.) Test every six months if controlled; Every three months if not controlled or if change in therapy.				
Kidney Function (annual) Serum Creatinine plus eGFR; Urine Albumin with spot urine albumin/creatinine ratio				
Other Annual Labs (annually if indicated) LFTs				
TSH				
Screening for celiac disease for patients with type 1 DM				
Reno-protective Therapy ACE or ARB				
Aspirin Therapy in patients with diabetes and CVD and in > 50 (men), > 60 yrs (women) w/ >=1 major CVD risk factor				
Sensory Foot Exam (annual)				
Smoking Cessation Counseling				
Flu (Seasonal) Vaccine (annual)				
Pneumonia Vaccine				
Dilated and Comprehensive Eye Exam Referral (Ophthalmologist or Optometrist: annual; consider every 2-3 years if normal exam)				
Mental Health Referral (if indicated)				

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Diabetes Self Management Education (DSME) Referral				
Medical Nutrition Therapy - Referral to Dietitian; Lifestyle Modification Referral/Counseling				
Exercise Program Moderate intensity ≥ 150 min per week; + Resistance Training 3 times/wk if w/Type 2 and no contraindic.				
Dental Exam Referral				
Preconception Counseling Referral (if applicable)				
Other Specialty Referrals (if indicated)				
• Cardiology				
• Endocrinology				
• Nephrologist				
• Gastroenterologist				
• Neurologist				
• Podiatrist				
• Gynecologist				
• Urologist				
• Orthopedist				

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