

Adult Diabetes Flow Sheet (≥ 18 years)

Name _____ DOB _____ MR# _____

Parameter (Recommended frequency)	ADA Goal	Results					
Date of visit (<i>2 visits/yr if stable</i>)							
History							
Tobacco Use (provide smoking cessation prn)							
Nutrition							
Physical Activity							
Self-Monitoring Blood Glucose							
Exam							
Psychosocial assessment/care							
Blood pressure (<i>Every visit</i>)	<130/80						
Foot exam with monofilament (<i>Annually</i>)							
Labs/Studies							
HbA1C (<i>Q 6 mos if stable</i>)	<7%						
Fasting Lipid profile (Annually, q 2 years if low risk*)							
LDL	<100 mg/dl†						
HDL	>40 mg/dl♂ >50 mg/dl♀						
Triglycerides	< 150 mg/dl						
Nephropathy screen and management (dx of nephropathy, annual microalbuminuria test or ACE/ARB rx)							
Immunizations							
Influenza (<i>Annually</i>)							
Pneumococcal (<i>Once**</i>)							
Referrals							
Dilated eye exam (<i>Annually</i>)							
Dental exam (<i>Annually</i>)							
Diabetes Education							
Medical Nutritional Therapy							
Medications							
Aspirin							
Antihypertensives-known CVD, prior MI, pt >40 with another CV risk factor							
Insulin							
Oral hypoglycemics							

* Low risk lipid profile LDL <100 mg/dl, HDL >50 mg/dl, TG <150 mg/dl

† <70 mg/dl with hx of CVD

**Unless pt is >65 and first vaccine was >5 years ago and pt was <65