

DIABETES GUIDELINES FOR CARE					
Interventions	Date	Date	Date	Date	Date
<b>Blood pressure goals</b> (Check BP @ each visit) Goal:< 140/80 mmHg					
<b>Height</b>					
<b>Weight</b>					
<b>BMI</b>					
<b>A1c Goal:</b> ≤6.5 (should be individualized). Test every 3 Mos. If not at target or if change in therapy. Test every 6 mos. If at target.					
<b>Fasting Lipid Profile.</b> Test annually, more frequently if treating to goal. Check 2 mos. after medication change					
▪ <b>Total Cholesterol</b> <200 mg/dl					
▪ <b>HDL</b> <40mg/dl if male, >50 mg/dl if female					
▪ <b>LDL</b> <100mg/dl					
▪ <b>Triglycerides</b> <150mg/dl					
<b>Kidney Function</b> Check annually, goal:<30µg/mg					
<b>LFT</b>					
<b>TSH</b>					
<b>Potassium</b>					
<b>Reno-Protective Therapy</b> (ACE-I or ARB)					
<b>Aspirin Therapy</b> (in type I and type II pts w/ increased CVD risk)					
<b>Visual Foot Inspection</b> - every visit					
<b>Comprehensive Sensory Foot Exam</b> - annually					
<b>Smoking Status</b>					
<b>Dilated Eye Exam</b> - Annually					
<b>Exercise Program</b> - Goal:≥ 150 min/wk of moderate intensity aerobic activity, if no contraindications.					
<b>Diabetes Action Plan Review</b>					
<b>Medication Review/ Adherence</b>					
<b>Screening for celiac disease in children with Type I DM.</b>					
<b>Preventative</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Flu Vaccine</b>					
<b>Pneumonia Vaccine</b>					
<b>Hepatitis B Vaccine</b>					
<b>Referrals</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Medical Nutrition Therapy</b> - referral to dietician; lifestyle modification counseling					
<b>Diabetes Self Management Education (DSME) referral</b>					
<b>Dental Exam Referral</b>					
<b>Mental Health Referral</b> - If needed					
<b>Pre-Conception Counseling Referral</b> - If needed					

<b>Other Specialty Referrals (if indicated)</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
<b>Cardiology</b>					
<b>Endocrinology</b>					
<b>Gastroenterology</b>					
<b>Podiatry</b>					
<b>Gynecology</b>					
<b>Orthopedics</b>					
<b>Sleep Medicine</b>					
<b>Neurology</b>					
<b>Urology</b>					