

diabetes CHECKPOINTS ►

This diabetes management guide is based on the American Diabetes Association's "Standards of Medical Care for Patients with Diabetes Mellitus." Use it as a reminder for exams or important tests, to simplify record keeping and as a way to continually improve care to all of your patients with diabetes.



Patient Name _____ Birth Date _____

ID/Insurance # _____ M F

Clinic/Physician _____

treatment topic	date	results	date	results	date	results	date	results
foot exam every visit	•	•	•	•	•	•	•	•
ophthalmology/optometry referral/dilated retinal exam annually	•	•	•	•	•	•	•	•
urinalysis annually	•	•	•	•	•	•	•	•
test for microalbuminuria annually	•	•	•	•	•	•	•	•
glycosylated hemoglobin quarterly: if changing regimen or poor control; 2 times/yr. if stable	•	•	•	•	•	•	•	•
cholesterol annually	•	•	•	•	•	•	•	•
triglycerides annually	•	•	•	•	•	•	•	•
HDL annually	•	•	•	•	•	•	•	•
LDL annually	•	•	•	•	•	•	•	•
weight every visit	•	•	•	•	•	•	•	•
diet assessment/instruction every visit	•	•	•	•	•	•	•	•
patient education once or more/yr.	•	•	•	•	•	•	•	•
BP every visit	•	•	•	•	•	•	•	•
other	•	•	•	•	•	•	•	•

frequency recommendations for stable diabetics; more frequent monitoring required for unstable diabetics

a collaborative quality improvement effort from:  **PEER REVIEW SYSTEMS**  **American Diabetes Association**
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