

Sample Diabetes Patient Care Flow Sheet For Adults

| Name: <i>Sample, Patient Beta</i> | | Type of diabetes: Type 1 <input checked="" type="checkbox"/> Type 2 <input type="checkbox"/> Other <input type="checkbox"/> | | Date of birth: <i>1982/03/14</i> | | Date of Diagnosis: <i>1984/05/12</i> | |
|--|-------------------|---|---|---|-----------------------------------|---|--|
| Risk factors, co-morbidities | | | | Self-management (discuss with patient add date and location in chart) | | | |
| <input checked="" type="checkbox"/> Hypertension <input type="checkbox"/> Dyslipidemia <input type="checkbox"/> Coronary Artery Disease (CAD) <input type="checkbox"/> Peripheral Artery Disease <input type="checkbox"/> Chronic Kidney Disease <input type="checkbox"/> Mental health diagnosis <input type="checkbox"/> Polycystic Ovarian Syndrome <input type="checkbox"/> Foot disease <input type="checkbox"/> Erectile Dysfunction <input type="checkbox"/> Smoking _____ (Date stopped) <input type="checkbox"/> Alcohol: _____ (Assess/discussed) | | | | Patient Goals: <i>Sed ut feugiat magna.</i> Possible Barriers to Self-management: <i>Morbi gravida est venenatis.</i> Diabetes Self-management Education: <i>Augue pretium pharetra.</i> <input type="checkbox"/> Weight management: Ht: _____ Target Wt: _____ Target BMI: _____ <input type="checkbox"/> Physical activity (aerobic 150 min/week; resistance 2-3 times/week) | | | |
| Vaccinations | | | | <input checked="" type="checkbox"/> Glucose meter/lab comparison | | | |
| Flu (annual) Date: _____ Date: _____ Pneumococcus Date: _____ | | | | <input checked="" type="checkbox"/> Patient Care Plan (Pregnancy Planning/ Driving License): <i>2014/04/25</i> date discussed | | | |
| Visits (Every 3 to 6 months) | | | | | | | |
| Date | BP | Weight | A1C Target $\leq 7\%$ or _____ | Notes (Goals, clinical status) | Hypo- glycemia | Antihyperglycemic Agents / CV protection agents (ACEi / ARB / Statin / ASA as indicated*) | |
| <i>2014/04/25</i> | <i>130/100</i> | <i>83.5</i> | <i>6.1%</i> | <i>Donec sed dolor tincidunt. Dignissim felis quis. Faucibus augue. Nunc a molestie massa.</i> | <i>Duis sodales ultricies mi.</i> | <i>Non auctor metus auctor ac. Nam commodo euismod est, eget rhoncus mauris eleifend a nu.</i> | |
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| Review SMBG records. Target: pre-prandial 4-7 mmol/L; 2-hour post-prandial 5-10 mmol/L (5-8 mmol/L if A1C not at target) | | | | | | | |
| Screen for diabetes complications annually or as indicated | | | | | | | |
| Nephropathy | | | Neuropathy | | | Retinopathy | |
| Date | ACR | eGFR | <ul style="list-style-type: none"> • Check feet for lesions and sensation (10-g monofilament or 128 Hz tuning fork) • Check for pain, ED, GI symptoms | | | Annual eye exam: Date: <i>2014/04/25</i> Date: _____ | |
| <i>2014/04/25</i> | <i>6.1</i> | <i>3.2</i> | Date: <i>2014/04/25</i> Findings: <i>Lla in consectetur augue.</i> Date: _____ Findings: _____ Date: _____ Findings: _____ | | | Ophthalmologist/ Optometrist: <i>Dr. Optometry Physician</i> | |
| *For vascular protection: <input checked="" type="checkbox"/> Statins if ≥ 40 yrs OR >30 yrs and >15 yrs duration OR end organ damage <input type="checkbox"/> ACEi/ARB if ≥ 55 yrs OR end organ damage (even in the absence of hypertension) | | | Lipids Targets: If indicated to treat LDL-C ≤ 2 mmol/L | | | CAD Assessment ECG: <i>Quam ipsum.</i> Stress ECG: <i>Porta sollicitudin</i> Other: <i>Interdum ac elit. Proin iaculis tellus ut dictum convallis. Suspendisse ornare arcu pretium ligula aliquam molestie sed.</i> | |
| Date | Medication | LDL-C | HDL-C | TG | (Non-HDL-C) | (Apo B) | |
| <i>2014/04/25</i> | <i>Vestibulum</i> | <i>2.3</i> | <i>5.1</i> | <i>2.4</i> | <i>6.5</i> | <i>3.9</i> | |
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See reverse side for care objectives and targets