



Name _____ Age _____ Gender _____

Type: I II Gestational DM

Date			
Weight (lb)			
Height (ft)			
BMI			
Waist Circumference <i>Women < 40 in; Men < 35 in</i>			
Meals/Food Habits			
Bowel Movement <i>(regular, constipation, diarrhea, refer to Bristol stool chart)</i>			
Physical Activity <i>(walking, exercise, sedentary or not, or time)</i> <i>Recommended: 150 mins/week</i>			
Sleep Pattern/duration <i>Sleep Study</i>	Y N N/A	Y N N/A	Y N N/A
Diabetes education	Y N	Y N	Y N
Hypoglycemia education	Y N	Y N	Y N
Medications/Supplements	DM meds: Dosage Metformin _____ Pioglitazone _____ SGLT-2 (-) _____ DPP-4 inhibitors _____ GLP-1/GIP _____ Sulfonylurea _____ Other Agents LONG-ACTING insulin _____ RAPID ACTING insulin _____ Aspirin _____ Statin _____ ACEi/ARB _____ Other: _____	DM meds: Dosage Metformin _____ Pioglitazone _____ SGLT-2 (-) _____ DPP-4 inhibitors _____ GLP-1/GIP _____ Sulfonylurea _____ Other Agents LONG-ACTING insulin _____ RAPID ACTING insulin _____ Aspirin _____ Statin _____ ACEi/ARB _____ Other: _____	DM meds: Dosage Metformin _____ Pioglitazone _____ SGLT-2 (-) _____ DPP-4 inhibitors _____ GLP-1/GIP _____ Sulfonylurea _____ Other Agents LONG-ACTING insulin _____ RAPID ACTING insulin _____ Aspirin _____ Statin _____ ACEi/ARB _____ Other: _____
Blood Pressure <i><130/80 mmHg</i>			
BG monitor/CGM <i>Type of continuous glucose monitor</i>			
Average Glucose <i>(mg/dl)</i>			
HbA1c Q3-4 months <i><7% (individualized based on age and complications)</i>			
LDL <i><100 or <70 mg/dl (with CAD or risk factors)</i>			
HDL <i>>35 mg/dl</i>			



Triglycerides <i><150 mg/dL</i>						
Liver Enzymes: AST/ALT						
Fatty liver disease	Y	N	Y	N	Y	N
Smoking	Y	N	Y	N	Y	N
Alcohol/Substance Use	Y	N	Y	N	Y	N
Foot exam <i>Signs or presence of neuropathy</i>	Y	N	Y	N	Y	N
Daily Foot Care	Y	N	Y	N	Y	N
Psychosocial eval as needed	Y	N	Y	N	Y	N
EVERY YEAR						
Flu Vaccine/ COVID-19/ RSV						
Urine Microalbumin <i><30 mg/d</i>						
Nephrology referral**						
Ophthalmology referral** <i>Last ophthalmology exam, any findings of retinopathy</i>						
Diabetes educator referral*						
IF APPLICABLE						
EKG/stress test						
Cardiology referral**						
Podiatrist referral						
ONCE FOR ALL						
Pneumococcal vaccine						

* Including diabetes education and nutrition consult.

** Referral indication:

- ◆ Ophthalmology:
 - ❖ Type 1 <5yr after diagnosis or at puberty and at least annually thereafter
 - ❖ Type 2 at diagnosis and at least annually thereafter
- ◆ Nephrology: eGFR <60, persistent microalbumin/proteinuria/hyperkalemia,
- ◆ Cardiology: abnormal EKG/Stress test
 - ❖ DM-2 is a cardiovascular risk equivalent

Other Conditions Associated with DM:

- ◆ Autoimmune disease with Type 1 diabetes
- ◆ Increased fracture risk, especially in older adults
- ◆ Symptomatic hypogonadism
- ◆ Liver disease i.e. Non-Alcoholic Steatohepatitis (NASH), Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD)
- ◆ Hearing impairment
- ◆ Periodontal disease (Prevention: Dental hygiene)

Reference: American Diabetes Association 2024

