

Diabetes Minimum Practice Recommendations



Name: _____ ID#: _____ D.O.B.: _____ Sex: M F

Exam/Test/Counseling Schedule

Suggested Result Codes: **O**=Ordered, **N**=Normal, **A**=Abnormal, **E**=Done Elsewhere, **R**=Referred

1. Complete history & physical	Initial visit and at clinician's discretion (including risk factors, exercise & diet)	Date Result							
2. Diabetes Education¹	Initial visit and at clinician's discretion	Date Result							
3. Medical Nutrition Therapy	Initial visit and at clinician's discretion	Date Result							
4. Exercise Counseling	Initial visit and at clinician's discretion	Date Result							
5. Psychosocial Counseling	Initial visit and at clinician's discretion	Date Result							
6. Lifestyle/Behavior Changes Counseling	Initial visit and at clinician's discretion	Smoking cessation	Date Result						
		Alcohol reduction	Date Result						
7. Weight/Height/BMI Adult Overweight=BMI 25–29.9 Adult Obesity=BMI ≥ 30	Every Visit	Date Result							
8. Blood Pressure Target: <130/80 mm Hg Target: < 125/75 mm Hg if ≥ 1g proteinuria	Every Visit	Date Result							
9. Foot Inspection Visual inspection for skin and nail lesions, calluses, infections	Every Visit	Date Result							
10. Oral/Dental Inspection Refer for dental care annually or as needed	Every Visit	Date Result							
11. Growth and Development (including height) in Children	Every Visit	Date Result							
12. Aspirin/Antiplatelet Prophylaxis (if no contraindications) Type 1 or 2 ≥ age 30	Every Visit	Date Result							
13. A1c2 Individualize goal based on patient risk factors Intensive management - A1c < 6-7% Less intensive management – A1c <7-8%	Every 3–6 months	Date Result							
14. Kidney evaluation Estimate GFR (eGFR) & microalbumin determination (>30mg = abnormal). Consider nephro/endocrine evaluation at Stage 3 CKD (eGFR <60); also consider PTH & Hgb if CKD Stage 3 If significant proteinuria; monitor serum creatinine every 3–6 months	Type 1: Annually beginning 5 years from diagnosis Type 2: Initial visit then annually	Date Result							
15. Dilated funduscopy eye exam By an ophthalmologist or therapeutic optometrist	Type 1: Annually beginning 5 years from diagnosis Type 2: Initial, then annually	Date Result							
16. Oral/Dental Exam Refer to appropriate provider	Annually or as needed	Date Result							
17. Foot Exam Complete foot exam and neurologic assessment	Annually or as needed								
18. Lipid Profile Targets: LDL-C <100 mg/dL (CHD <70mg/dL) Triglycerides <150 mg/dL	Annually if at goal; otherwise every 3–6 months (> age 18)	Date Result							
19. Immunizations Influenza (Flu) Vaccine Td Vaccine Pneumococcal Vaccine Childhood Immunizations	Annually Every 10 Years Initial; repeat per ACIP Per CDC Schedule	Date Result							

¹ **Diabetes Education should address the following:** self-management skills (i.e. monitoring, sick day management), medications, frequency of hypoglycemia, high-risk behaviors (e.g. smoking, alcohol), adherence with self-care (self-management plan from the last visit including diet, medication use, exercise plan), assessment of complications, diabetes knowledge and follow-up of referrals.

² **Intensify management if:** Absent/stable cardiovascular disease, mild-moderate microvascular complications, intact hypoglycemia awareness, infrequent hypoglycemic episodes, recently diagnosed diabetes. **Less intensive management if:** Evidence of advanced or poorly controlled cardiovascular and/or microvascular complications, hypoglycemia unawareness, vulnerable patient (ie, impaired cognition, dementia, fall history).