Diabetes Continuing Care Record

MRN: _____

Patient's Name: _____ Diet _____ Onset of DM _____

Date of Birth: _____

☐ Male ☐ Female

SCHEDULED DIABETES VISITS

PARAMETER	ADA Standard GOAL	ADA Standard FREQUENCY	PATIENT GOAL	Visit #1 Date	Visit #1 Result	Visit #2 Date	Visit #2 Result	Visit #3 Date	Visit #3 Result	Visit #4 Date	Visit #4 Result
Height											
Weight	BMI <25k / m² ideal BW	every visit	Where applicable								
Smoking Status: ☐ Smoker ☐ Non-smoker	Complete cessation	advise every visit									
METABOLIC CONTROL											
HbA1c	< 7%	2-4 times a year									
Self-monitoring of blood glucose		as directed									
CARDIOVASCULAR ASSESSMENT											
Blood pressure	< 130/80 mm/Hg	every visit									
Lipids		yearly									
LDL	< 100 mg/dl										
HDL	Men: > 45 mg/dl Women: > 55 mg/dl										
Cholesterol	< 200 mg/dl										
Triglycerides	< 150 mg/dl										
OTHER EXAMS											
Dilated Eye Exam		yearly									
Feet		every visit									
Urinalysis for protein		yearly									
Microalbumin		yearly if UA neg. for protein									
OTHER GOALS											
Exercise		as directed									
Influenza vaccination		yearly									
Pneumococcal vaccination		once									
Screened for Depression		yearly									
DIABETES MEDICATION											
ACE or ARB		as directed									
ASA (as appropriate)		as directed									