

## DIABETES RECOMMENDED CLINICAL PRACTICE GUIDELINES

**\*\*\* 2015 American Diabetes Association Recommendations\*\*\***

GUIDELINE	FREQUENCY	DATE *RESULTS REQUIRED	DATE *RESULTS REQUIRED	DATE *RESULTS REQUIRED	DATE *RESULTS REQUIRED	DATE *RESULTS REQUIRED	DATE *RESULTS REQUIRED
Complete History and Physical Examination (including risk factors, exercise, diet and psychosocial evaluation)	Initially and then annually						
Height							
Self-Management Diabetes Education and Nutritional Counseling							
Review of Self-monitoring glucose log with patient							
Weight with BMI (Recommend medically directed wt. loss program, if indicated)	Every Visit						
Foot exam (visual inspection without shoes/socks)							
B/P – Target Values: - Systolic <130 mm HG - Diastolic <80 mm HG		*	*	*	*	*	*
HbA1c – Target Values: • <7%	- Every 3 months -If stable, at least 2 X's/yr	*	*	*	*	*	*
Dilated Eye Exam	-At least annually						
Urinalysis for: • Microalbumin		*	*	*	*	*	*
Serum Creatinine with calculated GGR		*	*	*	*	*	*
Thyroid Stimulating Hormone (TSH) in type 1 diabetes, dyslipidemia, or women over age 50 years		*	*	*	*	*	*
Family planning for women of childbearing age							
Dental for comprehensive periodontal examination							
Registered dietitian for medical nutrition therapy	-At time of diagnosis and then, as needed						
Lipid Profile - Target Values: • LDL-C <100 • HDL-C>50 • Triglycerides <150	- At least annually - Adults with low risk lipid values, may be repeated every 2 years	*	*	*	*	*	*
Registered dietitian for medical nutrition therapy	-At time of diagnosis and then, as needed						
Behavioral health evaluation	-As indicated						
Statin therapy	Refer to ADA guidelines						

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Influenza Vaccine	Annually provide an influenza vaccine to all diabetic patients $\geq 6$ mos of age.						
Pneumococcal Vaccine	All diabetic patients $\geq 2$ years of age. A one-time re-vaccination is recommended for individuals $> 64$ years of age previously immunized when they were $< 65$ years of age if the vaccine was administered $> 5$ years ago.						
Hepatitis B Vaccine	Administer hepatitis B vaccination to adults with diabetes as per Centers for Disease Control and Prevention (CDC) recommendations						
ACE Inhibitors or ARB's *Monitor serum creatinine and potassium levels for the development of increased creatinine and hyperkalemia.	Prescribed in the treatment of the non-pregnant Patients with micro- or macroalbuminuria,						
Smoking Cessation	Offer smoking cessation programs to all patients with each visit/contact						
Aspirin Therapy	Consider aspirin therapy (75–162 mg/day) as a primary prevention strategy in those with type 1 or 2 diabetes at increased cardiovascular risk						

- American Diabetes Association - [http://professional.diabetes.org/?loc=header\\_professional](http://professional.diabetes.org/?loc=header_professional)

PATIENT NAME

ID #

DATE OF BIRTH

