

# Diabetes Patient Health Record

Patient's Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_ Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_ Type 1 diabetes \_\_\_\_\_ Type 2 diabetes \_\_\_\_\_ Prediabetes \_\_\_\_\_ Other: \_\_\_\_\_

Number of years with diabetes: \_\_\_\_\_ Allergies: \_\_\_\_\_

Clinical Measures for Diabetes Patients				
Test/Indicator	Goal	Result / Date	Result / Date	Result / Date
<b>Minimum: Every 3 to 6 months</b>				
A1C	≤7.0%			
<b>Minimum: Annually</b>				
Total Cholesterol	<200 mg/dL			
LDL Cholesterol	<100 mg/dL			
HDL Cholesterol	(men) >40-50 mg/dL (women) >50-60 mg/dL			
Triglycerides	<150 mg/dL			
Microalbumin A/C Ratio	<30 µg/mg creatinine			
Serum Creatinine	0.8-1.4 mg/dL			
Dilated Eye Exam	(-) retinopathy			
Comprehensive Foot Exam	(-) loss of protective sensation			
Flu Shot	annually			
<b>Other:</b>				
Pneumonia Shot	at least 1			
Blood Pressure	<130/80 mm Hg			
Weight/BMI	<25 kg/m <sup>2</sup>			
<b>Counseling:</b>				
Diet				
Exercise				
Antismoking				
Foot Care				
<b>Prediabetes Clinical Measure</b>				
<b>Minimum: Semiannually</b>				
Fasting Blood Glucose	<100 mg/dL			

## Medications:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Observation/Complications:

- Oral hygiene problems
- Neuropathies
- Eye/vision problems
- Frequent infections
- Urinary frequency, incontinence, nocturia
- Depression
- Dehydration
- Excessive skin problems
- Foot problems

## Referral/Follow-up Appointments:

- Podiatrist \_\_\_\_\_
- Ophthalmologist \_\_\_\_\_
- Nutritionist \_\_\_\_\_
- Diabetes educator \_\_\_\_\_
- Lab orders \_\_\_\_\_
- Other \_\_\_\_\_

# Diabetes Patient Health Record

## Care Plan Collaborative

### Physician Concerns/Recommendations:

Current health status: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Assessment of self-management of blood glucose: \_\_\_\_\_  
\_\_\_\_\_

Medication adherence: \_\_\_\_\_  
\_\_\_\_\_

Emphasize self-management related to: \_\_\_\_\_  
\_\_\_\_\_

### Patient Self-Management Goals:

Healthy nutrition: \_\_\_\_\_  
\_\_\_\_\_

Regular exercise: \_\_\_\_\_  
\_\_\_\_\_

\*SMBG: \_\_\_\_\_ Frequency: \_\_\_\_\_  
\_\_\_\_\_

\*\*SMBP: \_\_\_\_\_ Frequency: \_\_\_\_\_  
\_\_\_\_\_

Routine foot examination: \_\_\_\_\_  
\_\_\_\_\_

Additional goals: \_\_\_\_\_  
\_\_\_\_\_

Potential barriers to achievement of goals: \_\_\_\_\_  
\_\_\_\_\_

Strategies for reducing barriers: \_\_\_\_\_  
\_\_\_\_\_

Counseling received:

Diet

Nutrition

Self-management

Antismoking

Exercise/physical activity

\*SMBG = Self-Monitoring of Blood Glucose

\*\*SMBP = Self-Monitoring of Blood Pressure

#### References:

1. American Medical Directors Association. *Diabetes Management in the Long-Term Care Setting Clinical Practice Guideline*. Columbia, MD: AMDA 2008.
2. American Diabetes Association. Standards of medical care in diabetes—2008. *Diabetes Care*. 2008;31(suppl 1):S12-S54.
3. Medline Plus Medical Encyclopedia. Creatinine-serum. <http://www.nlm.nih.gov/medlineplus/ency/article/003475.htm>. Accessed January 28, 2009.