



# DIABETES FLOW CHART

Patient's Name \_\_\_\_\_

D.O.B. \_\_\_\_\_

Enter Date Completed

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Date of Comprehensive Medical History and Medical Exam \_\_\_\_\_

**Patient Assessment** (Annually unless otherwise specified)

Neurological Exam									
<b>Dilated Eye Exams</b>									
Evaluation of Pulses									
Sexual Maturation Staging									
Nutritional Assessment									
<b>Complete Foot Exam</b> <i>More frequently if patient has neuropathy or high risk foot conditions</i>									
<b>Blood Pressure</b> <i>Each visit</i> <b>Target:</b>									
<b>Weight</b> <i>Each visit</i> <b>Target:</b>									
Oral Examination									
Skin Examination of all injection sites <i>Each visit</i>									
Psychosocial Assessment/Behavioral Issues/ Depression									
Gender Specific Health Assessment									

**Laboratory Evaluation** (Annually or as indicated in Diabetes Guideline)

<b>A1c</b> <i>Every 3-6 months</i>									
<b>Measure of Urinary Albumin</b> <i>Begin with an analysis of a random spot urine sample for albumin-to-creatinine ratio</i>									
<b>Lipid Evaluation/ Profile</b> Total Cholesterol, LDL, HDL, Triglycerides									
Urinalysis, TSH, EKG (Adults) <i>Initial Visit &amp; PRN</i>									

**Management Plan & Patient Education**

Self Glucose Monitoring/Review results each visit									
Nutrition/Weight Management									
Reduce Salt Intake									
Annual Influenza (Flu) Vaccine (six months of age and older)									
Pneumococcal vaccine <i>per CDC recommendations</i>									
Aspirin Therapy									
Smoking Cessation/ Alcohol Usage									
Foot Care									
Diabetes Classes <i>One time &amp; PRN</i>									

**Specialty Referrals**

Ophthalmologist or Optometrist									
Endocrinologist/Nephrologist <i>As indicated for patients with advanced needs or complications</i>									
Diabetes Educator <i>As needed</i>									
Nutritional Counseling <i>Annually &amp; PRN</i>									
Podiatrist/Foot Care Specialist <i>As indicated</i>									
Behavioral Specialist <i>As indicated</i>									

**Provider's Initials**

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This Diabetes Flow Chart is a TOOL to be used in conjunction with the "Practice Guidelines for Diabetes Care" (at the discretion of each individual physician). The Flow Chart was developed by the Medical Society of Delaware's Uniform Guideline Physician Committee for Diabetes in collaboration with the Delaware Diabetes Coalition.

**Key Patient Outcomes are Highlighted.**