

Diabetes Patient Checklist

Use this checklist as a reminder when evaluating your diabetes patients.

Every Visit

- Check weight and blood pressure. Blood pressure should be under 130/80 mm Hg.
- Check feet for wounds and sores.
- Review Report Card (see below) and action plan.

Every 3-6 Months

- Take an A1C test to measure blood sugar levels. Patient's A1C level should be less than 7%.

At Least Every Year

- Dilated eye exam (with an optometrist or ophthalmologist).
- Check feet for neuropathy.
- Check lipid panel.
- Check Microalbuminuria.

Every Year

- Administer a flu shot.

After Diabetes Diagnosis

- Administer a pneumonia shot.
- Discuss potential comorbid risk factors.

Sample Report Card for Patients

	ADA-Recommended Levels	Patient Level
A1C	less than 7%	
Blood Pressure	less than 130/80 mm Hg	
Total Cholesterol	less than 200 mg/dL	
LDL (low risk CVD)	less than 100 mg/dL	
LDL (high risk CVD)	less than 70 mg/dL	
HDL/men	more than 40 mg/dL	
HDL/women	more than 50 mg/dL	
Triglycerides	less than 150 mg/dL	
Microalbuminuria	less than 30 mcg/mg creatinine	

Patient Goals: _____
