

ADA RECOMMENDATIONS FOR MANAGEMENT OF PATIENTS WITH DIABETES

SYSTEM	DATA	ACTION
Weight	Long-term trend Short-term change	Relation to last change of therapy MANAGEMENT STRATEGY: ANY CHANGES?
Glycemia	Last HbA1c Self-monitoring: review for patterns Medications	ACTION SUGGESTED FOR HBA1C>8, PREPRANDIAL GLUCOSE >140, OR BEDTIME GLUCOSE >160. Had dietary instruction? Hypoglycemic drugs? Last change of therapy MANAGEMENT STRATEGY: ANY CHANGES?
Blood pressure	In clinic; trends At home, work, etc. Medications	ACTION SUGGESTED FOR BP>130/80, ESPECIALLY IF THERE IS ALBUMINURIA Last change of therapy MANAGEMENT STRATEGY: ANY CHANGES?
Renal function	Gross proteinuria? Last 24 hr urinary protein No gross proteinuria? Last spot urine for albumin/creatinine ratio Last serum creatinine or creatinine clearance Medications	ACTION SUGGESTED FOR URINARY ALBUMIN >30 MG/G CREATININE OR >30 MG/DAY OR >20 µG/MIN Last change of therapy MANAGEMENT STRATEGY: ANY CHANGES?
Eye	Last ophthalmologic consultation Retinopathy?	ACTION SUGGESTED: ANNUAL OPHTHALMOLOGIC CONSULTATION (AFTER 5 Y IN TYPE 1) NEXT OPHTHALMOLOGIC CONSULTATION?
Feet	TAKE OFF PT'S SHOES & SOCKS! Dry or cracked skin Toenails Calluses Ulcers Bony deformity Loss of sensation (filament) Pulses Capillary refill	NEXT CONSULTATION WITH VASCULAR SURGEON PODIATRIST ORTHOPEDIST
Cardiovascular	Dyspnea, chest pain Last ECG Medications	Last change of therapy MANAGEMENT STRATEGY: ANY CHANGES?
Lipids	Last lipid profile Xanthomas: tendinous, eruptive, planar Medications	ACTION SUGGESTED FOR TOTAL CHOL>160 MG/DL, LDL-C>100 MG/DL, HDL-C<45 MG/DL, OR TG>200 MG/DL Last change of therapy MANAGEMENT STRATEGY: ANY CHANGES?
Lifestyle	Daily schedule Work: sedentary vs. active Exercise program Recreational activities	Are oral drugs appropriate for patient's schedule and eating patterns? Are type and timing of insulin appropriate for schedule? MANAGEMENT STRATEGY: ANY CHANGES?