

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
Minimum: Every 3 to 6 months				
A1C	≤7.0%			
Minimum: Annually				
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			
Other:				
Pneumonia Shot	at least 1			
Blood Pressure	<130/80 mm Hg			
Weight/BMI	<25 kg/m ²			
Counseling:				
Diet				
Exercise				
Antismoking				
Foot Care				
Prediabetes Clinical Measure				
Minimum: Semiannually				
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 _____

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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.

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