



DIABETES STANDARDS OF CARE

TEST / EXAM / STANDARD OF CARE	FREQUENCY	RECOMMENDED GOAL
Hemoglobin A1c (A1c) <i>Blood test that tells your average blood sugar for the last 3 months.</i>	<ul style="list-style-type: none"> • Every 3 months - if treatment changes or if not meeting goals • At least 2 times a year - if stable 	A1c less than 7% This goal may be individualized based on provider judgement.
Dilated Eye Exam <i>Early detection and treatment can greatly reduce your risk of vision loss</i>	Every year for eye exams related to diabetes or as frequently as recommended by your eye doctor/ophthalmologist.	A dilated eye exam every year
Foot Exam 	<ul style="list-style-type: none"> • Healthcare provider visit at least yearly - more frequently in people with high-risk foot conditions • Every day (self inspection) report numbness, tingling, pain in your feet or in your legs when walking, sores or cold feet to your doctor 	Remove shoes and socks at all provider visits and examine your feet daily
Dental Care	At least annually - ideally 2 times a year	Good oral hygiene now in an effort to reduce complications later.
Lipid Profile <i>Total cholesterol, triglycerides, good cholesterol (HDL), bad cholesterol (LDL), and non HDL</i>	At least every year (sometimes repeated more often if needed)	<ul style="list-style-type: none"> • Adults 40 years old or older should take a moderate to high dose statin. The intensity of the statin is based on the presence or absence of heart related risk factors. • Adults younger than 40 years old should take a statin on the discretion of their healthcare provider.
Microalbuminuria (MAU) <i>Can detect early stages of kidney damage</i>	At least every year	To have urine monitored yearly because early detection can greatly reduce your risk of permanent kidney damage and heart disease.
Glomerular Filtration Rate (GFR) Reflects kidney function	At least every year	A GFR less than 60mL/min requires closer attention by your healthcare provider.
Blood Pressure	Every healthcare provider visit	Blood Pressure less than 140/90 mmHg <i>Lower targets, such as less than 130/80 mmHg may be appropriate for certain individuals.</i>
Weight - <i>Developing a healthy lifestyle - balance food with drug therapy and exercise</i>	Every healthcare provider visit	Determined with your healthcare provider _____ pounds
Blood Sugar Monitoring	Your healthcare provider will determine how often to monitor your blood sugar.	Know when to monitor you blood sugars and target values.
Daily Aspirin	Assess at every healthcare provider visit	75-162mg daily may be considered in those patients who are at increased cardiovascular risk after a discussion with your healthcare provider.
Influenza (Flu) Vaccine	Every year	To obtain flu vaccine every year during the flu season from October to December ideally, but as late as February.
Pneumonia Vaccine		<ul style="list-style-type: none"> • Pneumovax to all patients 2 years old or older. • Adults 65 years old or older: A single dose of Pneumovax is recommended. Prevnar should be administered at the discretion of a healthcare provider. If a decision to administer Prevnar is made, Prevnar should be administered first, followed by Pneumovax at least 12 months later.
Hepatitis B Vaccine	A 2-3-dose series, depending on the vaccine	Hepatitis B vaccine to all unvaccinated people with diabetes who are aged 18-59 years old. Adults 60 years old or older should be vaccinated at the discretion of a healthcare provider.

STANDARDS OF CARE

Your Results

Date				
A1c %				

Date of last eye exam: _____

Do you have?	Yes	No	
	<input type="checkbox"/>	<input type="checkbox"/>	Numbness
	<input type="checkbox"/>	<input type="checkbox"/>	Tingling
	<input type="checkbox"/>	<input type="checkbox"/>	Sores on feet
	<input type="checkbox"/>	<input type="checkbox"/>	Cold feet
	<input type="checkbox"/>	<input type="checkbox"/>	Pain in feet or legs when walking

Date of last foot exam: _____

Date of last dental exam: _____

Date			
Total cholesterol			
Triglycerides			
HDL			
LDL			
non HDL			

Microalbumin test date:

- Normal (<30mg/gm creat) = _____
 Abnormal (>30mg/gm creat) = _____

GFR test date: _____ Results: _____ mL/min

Date			
Blood Pressure			

Date			
Weight			

Target blood sugar range: _____

Do you take aspirin daily:

- Yes No Can't take Not indicated

Date of last Flu Vaccine: _____

Date(s) of last Pneumonia Vaccine(s): _____

Date of last Hepatitis B Vaccine: _____

Diabetes Health Information

Name _____ Updated _____

Healthcare Proxy _____

Important telephone numbers:

Doctor

Diabetes Educator

Endocrinologist (Diabetes Doctor)

Dietician

Foot Doctor

Eye Doctor

Dentist

Pharmacy

Care Manager

For more information about diabetes, call
585-922-1520 or visit gripa.org

Other things you can do:
 stop smoking • eat less fat • become more
 active • let others help • eat 5 servings of
 fruit and vegetables daily



Diabetes Standards of Care

A quick way to keep track of the essential areas of care most important to people with diabetes.

Adapted from the American Diabetes Association and the American Association of Clinical Endocrinologists Recommendations.

The services, programs, and/or facilities above are offered to our patients and families as a resource. The list is not all-inclusive and does not constitute a recommendation by GRIPA nor assurance as to the quality of services provided.