

DIABETES PATIENT CARE FLOW SHEET

This Flow Sheet is based on the Guideline, *Diabetes Care*
Web site: <http://www.bcguidelines.ca>

NAME OF PATIENT	SEX <input type="checkbox"/> M <input type="checkbox"/> F	DIABETES <input type="checkbox"/> T1 <input type="checkbox"/> T2	DATE OF BIRTH	AGE AT DIAGNOSIS
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CARE OBJECTIVES	SELF MANAGEMENT (Discuss with patient)																			
<p>RISK FACTORS AND CO-MORBID CONDITIONS</p> <p><input type="checkbox"/> Obesity (Measure BMI and waist circumference annually)</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>HEIGHT (cm)</p> <table border="1" style="width:100%; border-collapse: collapse;"> <thead> <tr> <th>DATE</th> <th>BMI</th> <th>TARGET (kg/m²)</th> <th>DATE</th> <th>WAIST CIRC.</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td>Normal: 18.5-24.9</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>Overwt: 25-30</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>Obese: ≥30</td> <td></td> <td></td> </tr> </tbody> </table> </div> <div style="width: 45%;"> <p><input type="checkbox"/> Hypertension (Target: ≤130/80)</p> <p><input type="checkbox"/> Dyslipidemia (risk, see back)</p> <p><input type="checkbox"/> CVD</p> <p><input type="checkbox"/> Renal (microalbuminuria) • ACR (Target: M: <2.0; F: <2.8)</p> <p><input type="checkbox"/> Smoker</p> <p><input type="checkbox"/> Alcohol (assess/discuss)</p> </div> </div>	DATE	BMI	TARGET (kg/m ²)	DATE	WAIST CIRC.			Normal: 18.5-24.9					Overwt: 25-30					Obese: ≥30		
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		Overwt: 25-30																		
		Obese: ≥30																		

VISITS (3 TO 6 MONTHS)					
DATE	BP	WEIGHT Lbs Kg	RECENT A ₁ C TARGET: <7	NOTES (E.G. HYPOGLYCEMIA, GOALS, CLINICAL STATUS)	DM MEDICATION NOTES
					BASELINE (Note allergies, side effects & contraindications) *Consider low dose ASA and ACEI/ARB as indicated
					<input type="checkbox"/> NO CHANGE
					<input type="checkbox"/> NO CHANGE
					<input type="checkbox"/> NO CHANGE
					<input type="checkbox"/> NO CHANGE
					<input type="checkbox"/> NO CHANGE
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					<input type="checkbox"/> NO CHANGE
					<input type="checkbox"/> NO CHANGE

REMINDERS: REVIEW BLOOD GLUCOSE RECORDS Target premeal 4-7 mmol/L; 2 h postmeal 5-10 mmol/L

LABORATORY ← **ANNUALLY (OR AS INDICATED)** → **SCREEN FOR DIABETIC COMPLICATIONS**

NEPHROPATHY (yearly if high risk, q2y if mod. risk)

RENAL		
DATE	ACR	eGFR

TARGETS: M: < 2.0, F: < 2.8, > 60

LIPIDS (See risk chart on reverse)


LIPIDS				UKPDS 10-YR RISK
DATE	TC	LDL	TC/HDL	%

DESIRABLE: < 3.5, < 5.0, MOD 10-19%, < 2.5, < 4.0, HIGH ≥ 20%

NEUROPATHY

- Check feet for lesions & sensation (128 Hz tuning fork/10g monofilament)
- Check for pain, erectile dysfunction and GI symptoms

DATE: [] DATE: []



VACCINATIONS

Annual Flu: DATE [] DATE [] DATE []

Pneumovax: DATE [] DATE [] DATE []

RETINOPATHY

Annual Eye Exam: DATE [] DATE []

NAME OF OPHTHALMOLOGIST/OPTOMETRIST: _____

OTHER NOTES

Commonly overlooked conditions:

- cataracts
- carpal tunnel/tendon problems
- dental problems

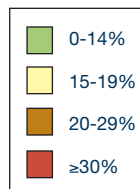
GUIDELINES & PROTOCOLS

ADVISORY COMMITTEE

UKPDS Risk Calculator for Coronary Heart Disease Risk for Patients with Type 2 Diabetes

10-year risk (%) of CHD for patients with five-year history of diabetes compared to baseline risk*

These Risk Charts are adapted from the UKPDS Risk Engine version 2.0. It should be used in preference to the Framingham Calculator. It does not include calculations based on non-white populations nor for those with atrial fibrillation. For patients with additional risk factors, download the full version at www.dtu.ox.ac.uk



Derived from: The UKPDS risk engine: a model for the risk of coronary heart disease in Type 2 diabetes (UKPDS 56) Stevens RJ et al. Clinical Science 2001; 101:671-679.

BP: Systolic Blood Pressure
TC/HDL: Ratio of Total Cholesterol (TC)/High Density Lipoprotein Cholesterol (HDL-C)
HbA1C: Glycosylated Hemoglobin (Hemoglobin A1c)
N= normal HbA1C

To estimate CHD risk for 10-year history of diabetes, add 10% (multiply x 1.1).

*Baseline risk = HbA1C <6%



♂ MALE			AGE 55				AGE 60				AGE 65			
Smoking	BP	TC/HDL	HbA1c(%)				HbA1c(%)				HbA1c(%)			
			N	6	7	8	N	6	7	8	N	6	7	8
🚭	120	4	10	11	13	14	13	15	16	19	17	19	21	24
		5	12	14	16	18	15	18	21	23	21	24	27	30
		6	15	17	19	22	18	22	25	28	25	28	32	35
	140	4	11	12	14	16	14	16	18	20	18	20	23	26
		5	14	15	17	20	16	20	22	25	23	25	28	32
		6	16	18	21	23	20	24	27	30	27	30	34	38
	160	4	12	13	15	17	15	17	19	22	19	22	25	28
		5	15	17	19	21	19	21	24	27	24	27	31	34
		6	18	20	22	25	23	26	29	32	29	32	36	40
🚬	120	4	13	15	17	19	17	19	22	24	22	25	28	31
		5	16	19	21	24	21	24	27	30	27	30	34	38
		6	20	22	25	28	25	29	32	36	32	36	40	44
	140	4	14	16	18	20	18	21	23	26	24	26	30	33
		5	18	20	23	25	23	26	29	32	27	33	37	40
		6	21	24	27	30	27	31	34	38	32	39	43	47
	160	4	15	17	19	22	20	22	25	28	25	28	32	35
		5	19	22	24	27	25	28	31	35	29	35	39	43
		6	23	26	29	32	29	33	37	41	35	41	45	50
♀ FEMALE			AGE 55				AGE 60				AGE 65			
Smoking	BP	TC/HDL	HbA1c(%)				HbA1c(%)				HbA1c(%)			
			N	6	7	8	N	6	7	8	N	6	7	8
🚭	120	4	5	6	7	8	7	8	9	10	9	10	12	13
		5	7	8	9	10	9	10	11	13	12	13	15	17
		6	8	9	11	12	11	12	14	16	14	16	18	20
	140	4	6	7	7	8	8	9	10	11	10	11	13	14
		5	7	8	9	11	10	11	12	14	13	14	16	18
		6	9	10	12	13	12	13	15	17	15	17	19	22
	160	4	6	7	8	9	8	9	11	12	11	12	14	16
		5	8	9	10	12	10	12	13	15	14	15	17	20
		6	10	11	12	14	13	14	16	18	16	19	21	24
🚬	120	4	7	8	9	10	9	11	12	14	12	14	16	18
		5	9	10	12	13	12	13	15	17	15	17	20	22
		6	11	12	14	16	14	16	18	21	19	21	24	26
	140	4	8	9	10	11	10	11	13	15	13	15	17	19
		5	10	11	13	14	13	14	16	18	17	19	21	24
		6	12	13	15	17	15	17	20	22	20	23	25	28
	160	4	8	9	11	12	11	12	14	16	14	16	18	21
		5	11	12	14	15	14	16	18	20	18	20	23	26
		6	13	15	16	19	17	19	21	24	22	24	27	30