



Diabetes Flowsheet

Patient Name: _____ Health Card Number: _____

Age: _____ Co-Morbid Conditions/Complications: _____

	TESTS/PROCEDURES	TARGETS/GUIDELINES	DATE OF VISIT			
EVERY 3 MONTHS	GLYCEMIC CONTROL		VALUE/RESULTS			
	Review blood glucose levels (Check when done)	Glucose level targets: Fasting or pre-meal glucose level 4-7 mmol/L (4-6 mmol/L if possible) 2hrs post-meal glucose level: 5-10 mmol/L (5-8 mmol/L if possible)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	A1C	A1C target: ≤7% (≤6% if possible)				
	HYPERTENSION					
	BP	BP goal ≤130/80				
	OTHER					
	Weight					
	Body mass index (BMI)	BMI goal <25 (kg/m ²)				
	Reinforce lifestyle counseling (smoking, activity, diet, stress)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	ANNUALLY (or as clinically indicated)	LIPIDS				
TC:HDL		Target <4.0				
LDL		Target <2.5 mmol/L				
Triglycerides		Optimal level <1.5 mmol/L				
RENAL						
Screen for Nephropathy		Random ACR: <2.8 mg/mmol for F <2.0 mg/mmol for M <i>value</i> Creatinine clearance*: Normal is >90 mL/min (1.5 mL/s)				
EYES						
Dilated pupil exam		Refer to Ophthalmologist/Optometrist for dilated pupil exam				
NEUROPATHY						
Screening for peripheral sensory loss		10 g monofilament/vibration at great toe (see circled areas: indicate + if possible response or - if negative response)				
Screening for peripheral sensory loss		Assess structural abnormalities, neuropathy, vascular disease, ulcerations, evidence of infection				
TSH						
Check when done			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
EDUCATION						
<input type="checkbox"/> Referral to Diabetes Education Centre (DEC)		Last DEC appointment				
Check for the following: <input type="checkbox"/> Erectile dysfunction <input type="checkbox"/> Psychosocial: anxiety, depression, economic Immunization: <input type="checkbox"/> Pneumococcal (lifetime) <input type="checkbox"/> Influenza	Record date	<input type="checkbox"/> See clinical progress notes	<input type="checkbox"/> See clinical progress notes	<input type="checkbox"/> See clinical progress notes	<input type="checkbox"/> See clinical progress notes	



Medication History

Date	Oral Antidiabetic Agents	Insulin	Antihypertensives	Lipid-lowering Agents	Antiplatelet Agents	Other

CDA recommends considering combination therapy as an option to achieve target A1C within 6-12 months.^{1†}
 This flowsheet is based on the 2003 CDA Clinical Practice Guidelines.

* Based on the Cockcroft-Gault formula.

† Timely adjustments to and/or additions of oral antihyperglycemic agents and/or insulin should be made to attain target A1C within 6 to 12 months.

1 Canadian Diabetes Association Clinical Practice Guidelines Expert Committee. Canadian Diabetes Association 2003 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada. Can J Diabetes 2003;27(Suppl 2):S1-S152.

