

Diabetes Minimum Practice Recommendations for Adults

Name: _____ ID#: _____ D.O.B.: _____ Sex: M F

Exam/Test/Counseling Schedule

Suggested Result Codes: O=Ordered, N=Normal, A=Abnormal, E=Done Elsewhere, R=Referred

Complete History & Physical	Initial visit and at clinician's discretion	Date							
Family History	Initial visit and at clinician's discretion	Date							
Education and Counseling									
Diabetes Education ¹	Initial visit and at clinician's discretion	Date							
Medical Nutrition Therapy	Initial visit and at clinician's discretion	Date							
Exercise Counseling	Initial visit and at clinician's discretion	Date							
Depression Screening²	Initial visit and at clinician's discretion	Date							
Sexual Function (male/female)									
Lifestyle/Behavior									
Smoking cessation	Initial visit and at clinician's discretion	Date							
Alcohol reduction	Initial visit and at clinician's discretion	Date							
Physical Examination	Initial visit and at clinician's discretion	Date							
Blood pressure Target: <130/80 mm Hg or individualized based on comorbidities	Every visit	Date Result							
Weight/Height/Waist Circumference	Every visit (Height/waist circumference annually)	Date Result							
BMI Adult Overweight=BMI 25–29.9 Adult Obesity=BMI ≥ 30	Every visit	Date Result							
Foot Exam 1. Visual inspection for skin and nail lesions, calluses, infections, deformities 2. Monofilament/128 Hz tuning fork 3. Pedal pulses	1. Every visit 2. Annually or as needed 3. Annually or as needed	Date Results							
Oral/Dental Inspection Refer for dental care every 6 months	Every Visit	Date Result							
Dilated Funduscopy Eye Exam (ophthalmology or optometry)	Annually or as indicated by eye specialist	Date Result							
Laboratory Studies									
A1c ^{3,4}	Every 3-6 months	Date Result							
Kidney 1. BUN/Creatinine 2. eGFR 3. Urine MicroAlb:Cr ratio 4. iPTH ⁵	1. Annually or every 3-6 months if abnormal 2. Annually or every 3-6 months if abnormal 3. Annually or as needed 4. As indicated if CKD stage 3+	Date Result							
Lipid Profile • Triglycerides • HDL • LDL	Annually if at goal; otherwise every 3-6 months (> age 18)	Date Result							
Thyroid (TSH)	Annually or as needed	Date Result							
Vitamin D (25-OH-Vit D)	As indicated	Date Result							
Testosterone/PSA	At clinician's discretion ¹	Date Result							
Other		Date Result							
Cancer Screening									
Pap-pelvic ⁶	When sexually active and every 1-5 years to age 65	Date Result							
Mammogram ⁷	Age 45 yearly, >55 years every 1-2 years	Date Result							
DRE	Annually age 40-50 to age 75	Date Result							
Colonoscopy	Age 50, repeat 10 years if no risk factors	Date Result							

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- ¹ Diabetes education should address self-care behaviors including healthy eating, being active, monitoring, taking medication, problem solving, reducing risks, and healthy coping. (From the American Association of Diabetes Educators 7 Self-Care Behaviors™ framework: <http://www.diabeteseducator.org/ProfessionalResources/AADE7>)
- ² Patient Health Questionnaire-2 (PHQ2, depression screen) and Patient Health Questionnaire-9 (PHQ9, depression diagnosis)
- ³ Intensify management if: Absent/stable cardiovascular disease, mild-moderate microvascular complications, intact hypoglycemia awareness, infrequent hypoglycemic episodes, recently diagnosed diabetes. Less intensive management if: Evidence of advanced or poorly controlled cardiovascular and/or microvascular complications, hypoglycemia unawareness, vulnerable patient (ie, impaired cognition, dementia, fall history). American Diabetes Association. (2016). Standards of Medical Care in Diabetes - 2016. Diabetes Care, 39(Suppl 1), 1-119.
- ⁴ Texas Diabetes Council Glycemic Control Algorithm for Type 2 Diabetes Mellitus in Adults (7/23/2015).
- ⁵ Consider Nephrology or Endocrinology evaluation if CKD stage 3, proteinuria, elevated iPTH
- ⁶ Moyer, V. A. (2012). Screening for cervical cancer: US Preventive Services Task Force recommendation statement. Annals of Internal Medicine, 156(12), 880-891.
- ⁷ Smith, R. A., Andrews, K., Brooks, D., DeSantis, C. E., Fedewa, S. A., Lortet-Tieulent, J. (2016). Cancer screening in the United States, 2016: A review of current American Cancer Society guidelines and current issues in cancer screening. CA: A Cancer Journal for Clinicians.

Vaccines

Immunization	Schedule
Hepatitis A	2 doses Series
Hepatitis B	3 doses Series
HPV	2 or 3 doses ≤ 26 years
Influenza vaccine	Annually
MMR	1-2 doses if no hx of disease or past vaccine
Pneumococcal vaccine: PCV13 (Pneumovax 13) PPSV23 (Pneumovax 23)	See below
Shingles ≥ 60 yrs	1 time
Tdap/Td	1 dose Tdap as adult Then Td every 10 years
Varicella <60 yrs	2 doses if no hx of disease or past vaccine

Pneumococcal vaccine:	
Age 19 - 64 Give PPSV23 (Pneumovax 23) *Optional: FDA has approved PCV13 above age 50	Age 65+ PCV13 (Pneumovax 13) Naïve: Give PCV13 then PPSV23 (Pneumovax 23) >1 year after, and at least 5 years since the last PPSV23. Wait at least one year between either pneumococcal immunization

CDC guidelines at <http://www.cdc.gov/vaccines/schedules/easy-to-read/index.html> for updates

Use WHO charts for years 0-2 and CDC charts for 2+ years age

See package inserts for more product details

Texas Department of State Health Services <http://www.dshs.texas.gov/immunize>