

DM Guidelines: Annual (Executive Summary): ADA Standards of Medical Care 2014

Wt., BMI at goal <25

Activity 150 min per week

BP at goal 130/80 or below

ACE or ARB recommended

BG Log for discussion at today's visit

A1C levels: quarterly if glycemic control not 7 or below; 2 times a year if stable at 7 or below

Medical Nutrition Therapy (MNT): Referral to Dietician

Psychological Screening/Depression; referral as needed

Annual Flu vaccine

Hepatitis B vaccine

Pneumococcal polysaccharide vaccine \geq 2 yrs of age

Annual Lipid with CVD Goal: LDL <70, Trigs < 150, HDL Men >40, Females >50
without CVD: LDL < 100. HDL > 50; Trigs < 150

Annual LFTs

Statin therapy recommended for all patients with Diabetes

Consider aspirin therapy for those with increased cardiovascular risk

Annual serum creatinine, urine microalbumin and calculated GFR

Annual dilated eye exam

Foot exam

Offer DSME-diabetes self-management education

Thyroid: palpation for all patients; TSH if also dyslipidemia and for females over 50 yrs.

Dentist

2/24/2014