



# Diabetes Minimum Practice Recommendations



TEXAS DIABETES  
COUNCIL

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Pub. # 45-12085

Name: \_\_\_\_\_ ID# \_\_\_\_\_ Sex: M F

D.O.B. \_\_\_\_\_

**Schedule**

O=Ordered, N=Normal, A=Abnormal, E=Done Elsewhere, R=Referred

**Exam/Test/Counseling**  
Suggested Result Codes:

<b>1. Complete history &amp; physical</b>	Initial visit and at clinician's discretion (including risk factors, exercise & diet)	Date Result							
<b>2. Diabetes Education*</b>	Initial visit and at clinician's discretion	Date Result							
<b>3. Medical Nutrition Therapy</b>	Initial visit and at clinician's discretion	Date Result							
<b>4. Exercise Counseling</b>	Initial visit and at clinician's discretion	Date Result							
<b>5. Psychosocial Counseling</b>	Initial visit and at clinician's discretion	Date Result							
<b>6. Lifestyle/Behavior Changes Counseling</b>	Initial visit and at clinician's discretion	<u>Smoking cessation</u>	Date Result						
		<u>Alcohol reduction</u>							
<b>7. Weight/Height/BMI</b> Adult Overweight=BMI 25–29.9 Adult Obesity=BMI ≥ 30	Every Visit	Date Result							
<b>8. Blood Pressure</b> Target: <130/80 mm Hg Target: < 125/75 mm Hg if ≥ 1g proteinuria	Every Visit	Date Result							
<b>9. Foot Inspection</b> Visual inspection for skin and nail lesions, calluses, infections	Every Visit	Date Result							
<b>10. Oral/Dental Inspection</b> Refer for dental care annually or as needed	Every Visit	Date Result							
<b>11. Growth and Development (including height) in Children</b>	Every Visit	Date Result							
<b>12. Aspirin/Antiplatelet Prophylaxis (if no contraindications)</b> Type 1 or 2 ≥ age 30	Every Visit	Date Result							
<b>13. A1c</b> Target: ≤6.5%	Every 3–6 months	Date Result							
<b>14. Kidney evaluation</b> Estimate GFR (eGFR) & microalbumin determination (≥30mg = abnormal). Consider nephro/endocrine evaluation at Stage 3 CKD (eGFR <60); also consider PTH & Hgb if CKD Stage 3 If significant proteinuria; monitor serum creatinine every 3–6 months	Type 1: Annually beginning 5 years from diagnosis Type 2: Initial visit then annually	Date Result							
<b>15. Dilated funduscopic eye exam</b> <i>By an ophthalmologist or therapeutic optometrist</i>	Type 1: Annually beginning 5 years from diagnosis Type 2: Initial, then annually	Date Result							
<b>16. Oral/Dental Exam</b> Refer to appropriate provider	Annually or as needed	Date Result							
<b>17. Foot Exam</b> Complete foot exam and neurologic assessment	Annually or as needed								
<b>18. Lipid Profile</b> Targets: LDL-C <100 mg/dL (CHD <70mg/dL) Triglycerides <150 mg/dL	Annually if at goal; otherwise every 3–6 months (> age 18)	Date Result							
<b>19. Immunizations</b> Influenza (Flu) Vaccine Td Vaccine Pneumococcal Vaccine Childhood Immunizations	Annually Every 10 Years Initial; repeat per ACIP Per CDC Schedule	Date Result							

See web site (<http://www.texasdiabetescouncil.org>) for latest version and disclaimer.

**\*Diabetes Education should address:**

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|--|--|--|--------------------------------|
| a. Self-management skills (i.e. monitoring, sick day management) | c. Frequency of hypoglycemia                   | e. Adherence with self-care (self-management plan from the last visit, (i.e diet, medication use, exercise plan) | f. Assessment of complications |
| b. Medications   | d. High-risk behaviors (e.g. smoking, alcohol) |  | g. Diabetes knowledge          |
|  |  |  | h. Follow-up of referrals      |