

Appendix 3

Sample Diabetes Patient Care Plan

This *Sample Diabetes Patient Care Plan* is designed to assist you in recording appropriate information regarding the management of your patients with diabetes, and incorporates key concepts from the current Canadian Diabetes Association Clinical Practice Guidelines. Other patient care plans may be available. It is important to use a care plan that best suits your practice needs.

Name: _____ Date of diagnosis: _____ Type of DM: _____

Risk factors: Overweight Sedentary Family history Ethnicity IGT/IFG Smoker CVD Hypertension
 Dyslipidemia GDM/Macrosomia PCOS/Acanthosis nigricans Schizophrenia Medications

Complications/Comorbidities (date of Dx): Retinopathy _____ Nephropathy _____ Neuropathy _____
 Foot disorders _____ CVD _____ ED _____ Other _____

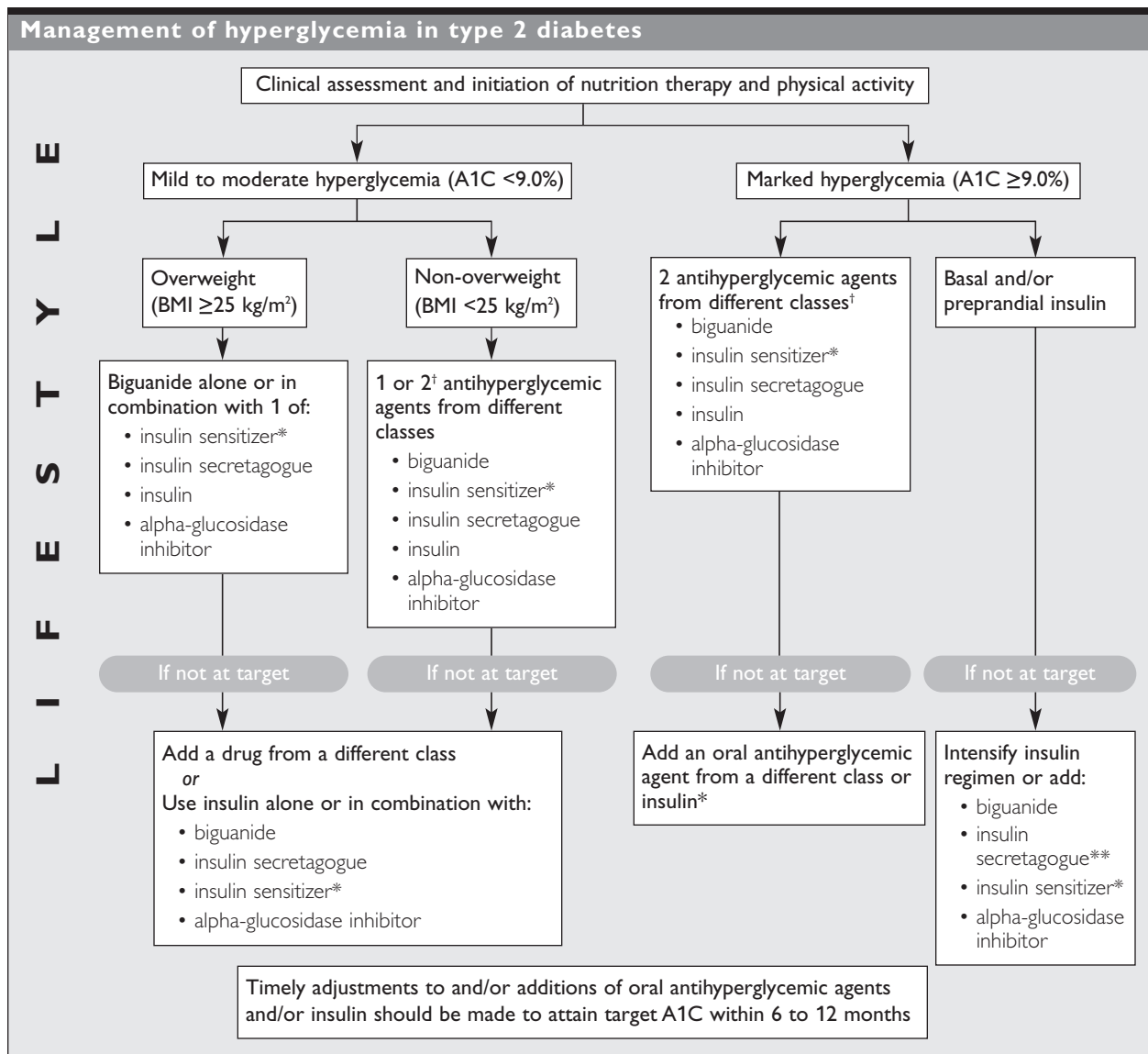
Referrals (date): Dietitian _____ DEC _____ Endo _____ Cardiol _____ Podiatrist _____
 Ophthal/Optom _____ Nephrol _____ Psychol/Social worker _____ Other _____

Lifestyle: Smoking Exercise Diet Drug plan: Formulary 3rd party Self

Date	Oral agents	Insulin	Antihypertensives	Lipid-lowering agents	ASA	Other

Quarterly	Procedures / Tests / Targets	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
	Weight, BMI, WC												
	BP ≤130/80												
	A1C ≤7% (≤6% if possible)												
	Preprandial (4–7) (4–6)												
	Postprandial (5–10) (5–8)												
	Hypoglycemia												
	SMBG												

Annually (or as clinically indicated)	Test/Exam	Date	Date	Date	Date	Date	Date
	Lipids: LDL-C ≤2.0 TC:HDL-C <4.0						
	Nephropathy: Random ACR Serum creatinine Creatinine clearance						
	Foot care: Lower extremity exam						
	Neuropathy: 10-g monofilament/vibration at great toe	Left: + - Right: + -	Left: + - Right: + -	Left: + - Right: + -	Left: + - Right: + -	Left: + - Right: + -	Left: + - Right: + -
	Retinopathy: Refer for dilated eye exam	<input type="checkbox"/> Refer Retinopathy: <input type="checkbox"/> Present <input type="checkbox"/> Absent <input type="checkbox"/> Rx	<input type="checkbox"/> Refer Retinopathy: <input type="checkbox"/> Present <input type="checkbox"/> Absent <input type="checkbox"/> Rx	<input type="checkbox"/> Refer Retinopathy: <input type="checkbox"/> Present <input type="checkbox"/> Absent <input type="checkbox"/> Rx	<input type="checkbox"/> Refer Retinopathy: <input type="checkbox"/> Present <input type="checkbox"/> Absent <input type="checkbox"/> Rx	<input type="checkbox"/> Refer Retinopathy: <input type="checkbox"/> Present <input type="checkbox"/> Absent <input type="checkbox"/> Rx	<input type="checkbox"/> Refer Retinopathy: <input type="checkbox"/> Present <input type="checkbox"/> Absent <input type="checkbox"/> Rx
	Erectile dysfunction	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
	Psychosocial: Anxiety, depression, economic						
	Immunization: <input type="checkbox"/> Pneumococcal (lifetime)	<input type="checkbox"/> Annual influenza	<input type="checkbox"/> Annual influenza	<input type="checkbox"/> Annual influenza	<input type="checkbox"/> Annual influenza	<input type="checkbox"/> Annual influenza	<input type="checkbox"/> Annual influenza



*When used in combination with insulin, insulin sensitizers may increase the risk of edema or congestive heart failure. The combination of an insulin sensitizer and insulin is currently not an approved indication in Canada.

**If using preprandial insulin, do not add an insulin secretagogue.

†May be given as a combined formulation: rosiglitazone and metformin.

Antihyperglycemic agents for use in type 2 diabetes	
Drug class, generic name (trade name)	
Alpha-glucosidase inhibitor acarbose (Prandase [®])	Insulin secretagogues (continued) nonsulfonylureas: nateglinide (Starlix [®]) repaglinide (GlucoNorm [®])
Biguanide metformin (Glucophage [®] , generic)	
Insulin	Insulin sensitizers (TZDs) pioglitazone (Actos [®]) rosiglitazone (Avandia [®])
Insulin secretagogues sulfonylureas: gliclazide (Diamicon [®] , Diamicon [®] MR, generic) glimepiride (Amaryl [™]) glyburide (Diabeta [®] , Euglucon [®] , generic) (note: chlorpropamide and tolbutamide are still available in Canada, but rarely used)	
	Combined formulation of rosiglitazone and metformin (Avandamet [™])