

Diabetes Annual Cycle of Care Checklist









Family name:

Given Names:

Address:

Date of birth:

Sex: M F

		Date:					Target	
	Height	Only once						
	Weight	Every 6 months					You should be: <input type="text"/> kg	
	Waist						Female Less than 88 cm Male Less than 102 cm	
	HbA1c Blood glucose (Blood sugar)	Every 3-6 months					Less than 7% (53mmol/mol)	
	Blood pressure	Every visit					Less than Top 130 Bottom 80	
	Both Arms	Once a Year						
 + 	Total Cholesterol LDL + HDL	Once a Year					Less than 4.0 mmol/L	
	HDL Good Cholesterol							1.0 or more mmol/L
	LDL Bad Cholesterol							Less than 2.0 mmol/L
	Triglycerides						Less than 1.5 mmol/L	

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		Date:					Target
	Eye Check	Once a Year					No active problems
	Kidneys ACR test	Once a Year					Female Less than 3.5 mg/mmol Male Less than 2.5 mg/mmol
	eGFR test						More than 90%
	Feet Check	Every 6 months					No active problems
	Teeth Check	Every 6 months					No active problems
	Liver function test	Once a Year					No active problems
	Smoking Do you smoke?	Every visit					Non smoker
	Alcohol How much do you drink?	Every visit					Up to 1- 2 standard drinks 5 days a week 2 days no drinks
	Exercise How much do you do?	Every visit					At least 30 - 40 minutes total every day
	Exercise What should you do?	Every visit					What you can do safely
	Diet Education	At least once a Year					Good nutrition for health. Food works with medication
	Diabetes Education	At least once a Year					You understand & can self manage your diabetes
	Doctor Your GP Check your medication	Every 3 - 6 months					All tests done No side effects with medication

There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must use your own professional judgement when using this resource

Purpose of resource:

To show an example of a Diabetes Annual Cycle of Care Checklist.

Key health competencies:

After using the resource a client should be able to show or tell you about:

- What their targets are.
- How well they are meeting those targets.
- What changes they think they should make.

Related resources

Notes:

This resource is almost the same as that used at the Diabetes Centre Cairns 2015. The main change is for Exercise where the target “What you can do safely has been added”

The resource can be printed A3 or A4 size and then laminated.

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