

The Adult Diabetic Patient Encounter

A Checklist for Clinicians

HISTORY

- Screen for common comorbidities including depression, anxiety, and dental disease
- Screen for complications of diabetes including hypoglycemia, ketoacidosis, microvascular complications (retinopathy, nephropathy, and neuropathy) and macrovascular complications (coronary heart disease, peripheral artery disease, and cerebrovascular disease)
- Screen for tobacco, alcohol, and substance use
- Identify barriers to optimal management, including barriers to lifestyle changes and medication adherence*

*Barriers to optimal management often include social determinants of health. Examples include transportation issues, financial constraints, social obligations, and limited access to healthy food options and exercise environment

PHYSICAL EXAM

- Blood pressure
- Weight/BMI
- Fundoscopy
- Thyroid examination
- Skin examination
- Comprehensive foot examination including dermatologic (inspecting for skin break down, ulcer formation) neurologic (monofilament, vibration, and proprioception sensory exams, and patellar and achilles reflexes), and vascular (palpating posterior tibial and dorsalis pedis pulses)

PROPHYLAXIS

- Pneumococcal Vaccination
- Influenza vaccination
- Hepatitis B vaccination (3-dose series) for unvaccinated patients.

LABS

- Hemoglobin A1C (every three months, minimum twice per year)
- Fasting total, HDL, and LDL cholesterol and triglycerides (at the time of diagnosis and every 5 years thereafter)
- Spot urinary albumin-to-creatinin ratio (yearly)
- Liver function test (yearly)
- Serum creatinine and estimated glomerular filtration rate

COUNSELING

- Medication
- Lifestyle (diet, exercise)
- Smoking cessation
- Foot care (daily self-inspection, wearing appropriately sized socks and shoes)

REFERRALS

- Eye care professional for dilated eye exam (yearly)
- Dental care
- Registered Dietician
- Diabetes Self Management Education/Support
- Mental Health professional as indicated
- Family planning as indicated

Based on recommendations by the American Diabetes Association published in *Diabetes Care* 2017 Jan; 40(Supplement 1): S25-32.

For more information visit <https://professional.diabetes.org/?loc=bb-dorg>