

DIABETES

DAILY

- FSBS: Take finger sticks daily (as directed by physician). Keep a log.
- Medication Administration: Take medication as ordered by physician.
- Self monitor feet: Look for red spots, swelling, cuts, and blisters. Report to physician immediately. Do not walk barefoot.
- Take care of eyes, teeth, and skin.
- Follow diabetic diet.
- Exercise: Follow doctors exercise regimen
- Always keep a small carbohydrate snack on hand, in case blood sugar gets too low.

3 – 6 MONTHS

- Doctors Appointments: *Get labs drawn prior to appointment*. Keep all medical appointments.
- Bring finger stick log.
- Report vision changes.
- Bring all medications to your doctors appointments.

YEARLY

- Comprehensive physical exam
- Comprehensive Eye Exam (dilated): For prevention of diabetic eye disease
- Physical exam of feet: check for loss of feeling
- Get the "flu" vaccination.
- Make sure you are current on your pneumonia vaccination.

Care Coordination Nurse: Phone (405) 515-6746

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Email: CareCoordinator@nrh-ok.com

Sample Goal Planning

Short Term

Exercise Daily

Eat a Fruit/Veg With Every Meal

Drink Water Daily

Check BS on Schedule

Lose 1-2 #/ WK Until Goal Reached

Long Term

Maintain Healthy Weight

Take Educational Courses

Stress Management

Complete Preventive Screens

My Diabetes Action Plan

A1c < 7%
BS <154

You're Doing Well Continue To:

- Take your medicines as prescribed
- Test your blood sugar regularly
- Eat healthy foods, watch your portions, and stay active

A1c 7-9 %
BS 154-212

There may be more you can do to control your blood sugars, for example:

- Talk to your doctor about whether to adjust your medicines or add new medicines
 - Monitor your blood sugar more often
- Eat healthy foods, watch your portions, and get active
 - Ask about Diabetic Classes

A1c > 9%
BS >212

Speak with your doctor. There may be more you can do to control your diabetes

- ***Blood sugars that continue to be high may put you at risk for future health problems with your eyes, nerves, heart, circulation, and kidneys. You may need to:***
 - Talk to your doctor about whether to adjust your medicines or add insulin
 - Monitor your blood sugar more frequently.
 - Eat healthy foods, watch your portions, and get active

Keeping on Track 😊

Test or Service (frequency)	Target	My Goal*	Date/Result	Date/Result	Date/Result	Date/Result
A1C (every 3-6 months)	< 7%					
Blood Pressure (every office visit, as indicated at home)	<140/90 mm Hg (Check with Provider)					
Weight (every office visit)	*Individualized*					
Total Cholesterol (every 1-2 yrs)	<200 mg/dl					
LDL (every 1-2 yrs)	<100 mg/dl					
HDL- Women (every 1-2 yrs)	>50 mg/dl					
HDL- Men (every 1-2 yrs)	>40 mg/dl					
Triglycerides (every 1-2 yrs)	<150 mg/dl					
Microalbuminuria (yearly)	=====					
Comprehensive Foot Exam (Yearly)	=====					
Dilated Eye Exam (Yearly)	=====					
Dental Exam (every 6 months)	=====					
Flu Shot (yearly)	=====					
Pneumonia Vaccine	Discuss with Provider					