



Flu Shot (rec. annual-date)		
Pneumovax (date)		

Patient Name: _____

Patient ID #: _____

Phone: _____

Recommended Baseline Workup: A1C, metabolic panel, eye exam, urine microalbumin, lipid profile.

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Date	Type of Visit Chronic Disease (CD), Other (O)				
Weight					
BP (target 130/80)					
Exercise (0-no activity 1-active lifestyle 2-structured 3x/wk)					
Tobacco (#cigs. or ppd, describe other)					
Tobacco Cessation Referred (R), provided (P), declined (D)					
Self Management & Diet Education Referred (R), provided (P), declined (D)					
A1C Result (target <7%-q.3 or q.6 months) date done					
LDL (target <100) Result date done					
Urine Microalbumin (target <30-annual)					
Annual Eye Exam (date if last exam)					
Aspirin (y,n)					
Section Completed By (initial):					
Foot Exam (y,n, refused)					
Next Appointment (rec. #days, weeks, months)					
Section Completed By (initial):					

NOTES:
 - If urinary microalbumin spot result is abnormal consider 24-hour urine. If 24-hour urine albumin is >30mg/24hr, consider treating with ACE; if >300 on more than one measurement, the diagnosis is diabetic nephropathy.

Adapted from: Midwest Center for Rural Health