Comprehensive Diabetes Checklist

This is a list of management skills and required tests all people with diabetes should review. If you don't have all of these skills, ask your physician and certified diabetes educator (C.D.E.) for help acquiring these skills, or contact the Joslin Diabetes Center nearest you. In order to get as full a picture of your diabetes as possible, it is also crucial for you to have all of the tests outlined here, and within the time frame recommended.

Meal Planning
___create your own meal plan
___discuss special foods and occasions
___discuss options when dining out
___portion control
___low cholesterol, low-fat guidelines
___fitting sugar into the meal plan
___label reading
___alcohol

Self monitoring of blood glucose
___blood glucose goals
___how to use a meter to guarantee accurate results
___monitoring schedule
___how to clean meter
___storing supplies
___interpreting blood glucose values and making decisions in diabetes treatment plan

Use of insulin or diabetes pills
___action and side effects of medication
___timing and treatment schedule
___insulin injection technique
___site rotation schedule for injection
___proper storage, refrigeration and disposal of supplies
___what to do for missed doses

Exercise
___exercise guidelines: how long, how hard, how often and when?
___snacking adjustments
___preventing high and low blood glucose

Knowledge of high and low blood glucose
___factors that cause high and low blood glucose
___symptoms
___how to treat
___how to prevent
___when to call a healthcare provider

Foot Care
___daily foot care
___emergency treatment for cuts, sores, abrasions
___how to do a proper foot exam
___proper footwear
Sick day management
- preventing life-threatening problems
- what to eat and drink
- monitoring and medication schedule
- when to call the doctor

Urine testing for ketones
(for insulin users only)
- when and how to check for ketones
- what ketones mean
- when to call the doctor

Special topics
- meal plan
- skills in taking medication
- glucose monitoring technique
- treatment of high and low blood glucose
- sick day management
- risk factors for health problems
- foot care treatment

Tests should have at least once a year:
- A1C (2-4 times/year)
- Kidney function
- Cholesterol, LDL, HDL, and triglycerides (lipids)
- Foot exam
- Dilated Eye exam
- Blood pressure
- General health exam
- Urinary microalbuminuria
- GFR (for more info, click here)