

DIABETES

Diagnosis – criterion met:

FPG \geq 7.0 mmol/l

Random PG \geq 11.1 plus symptoms of diabetes

75g OGTT 2hour PG \geq 11.1 mmol/l

A1c > 5.5

Always Mostly Sometimes Never

Identification of Type

Type 1 / Type 2

Non Type 1 Type 2

Always Mostly Sometimes Never

Management

a) Lifestyle Modification:

Diet

Always Mostly Sometimes Never

Weight

Always Mostly Sometimes Never

Exercise

Always Mostly Sometimes Never

Glucose monitoring

Always Mostly Sometimes Never

Education – Diabetic Educator referral

Always Mostly Sometimes Never

b) Medication – includes the following:

Sulphonamides

Always Mostly Sometimes Never

Metformin

Alpha glucosidase inhibitors

Thiazolidinediones

DPP-4 inhibitors

GLP-1R agonists

SGLT2 inhibitors

Insulin

Continuing Care – evidence of the following:

a) Glucose monitoring – verification of monitor

Always Mostly Sometimes Never

b) Measurement of long term control

i.e. A1C q3-4months

Always Mostly Sometimes Never

c) Evidence of appropriate management to achieve control

Always Mostly Sometimes Never

d) Patient follow-up

Always Mostly Sometimes Never

e) Evaluation of co-morbid conditions

i) Renal – urine ACR / microalbuminuria, U/A, serum creatinine, creatinine clearance

Always Mostly Sometimes Never

ii) CVS – hypertension, peripheral vascular disease, cardiac status

Always Mostly Sometimes Never

iii) Lipids – periodic measurement and appropriate treatment

Always Mostly Sometimes Never

iv) Psychologic aspects

Always Mostly Sometimes Never

v) Hypoglycemia

Always Mostly Sometimes Never

vi) Obesity

Always Mostly Sometimes Never

vii) Neuropathy

Always Mostly Sometimes Never

viii) Footcare

Always Mostly Sometimes Never

ix) Retinopathy

Always Mostly Sometimes Never

x) Erectile Dysfunction

Always Mostly Sometimes Never

f) Pre-pregnancy planning

Always Mostly Sometimes Never