

# DIABETES ENCOUNTER FORM (GROUP VISITS)

Date: \_\_\_\_\_

Patient Name: \_\_\_\_\_ Patient ID #: \_\_\_\_\_

## Subjective:

Any history of hypoglycemia? \_\_\_\_\_

Current activity level

No activity     Moderate (2-3 times per week)     Moderate (4-6 times per week)

Vigorous (4 or fewer times per week)     Vigorous (5 or more times per week)

Fat intake

High     Medium     Low     Ultra low

Most common fat intake \_\_\_\_\_

Produce serving intake

Less than 2 daily     3 to 4 daily     5 or more daily

**Pertinent past medical history:** (See patient chart for details) \_\_\_\_\_

**Meds:** (See med list for details) \_\_\_\_\_

**Tobacco use:**  Current     Ex     Never

**Objective:** (labs with month/year)

Weight \_\_\_\_\_ BP \_\_\_\_\_ / \_\_\_\_\_ Last monofilament foot exam (date \_\_\_\_\_ / \_\_\_\_\_ ): \_\_\_\_\_

Recent lipid profile (date \_\_\_\_\_ / \_\_\_\_\_ ): TC/HDL (date \_\_\_\_\_ / \_\_\_\_\_ ): \_\_\_\_\_ / \_\_\_\_\_ LDL \_\_\_\_\_ TG \_\_\_\_\_

FBS (date \_\_\_\_\_ / \_\_\_\_\_ ): \_\_\_\_\_ or HbA1c (date \_\_\_\_\_ / \_\_\_\_\_ ): \_\_\_\_\_

Creatinine (date \_\_\_\_\_ / \_\_\_\_\_ ): \_\_\_\_\_ Urine microalbumin (date \_\_\_\_\_ / \_\_\_\_\_ ): \_\_\_\_\_

Last retinal screening: \_\_\_\_\_

## Assessment:

Type 2 diabetes (  at target /  not at target); (  with /  without complications)

## Plan:

1. Reviewed management of HbA1c.
2. (New Rx: \_\_\_\_\_)
3. (Labs due: \_\_\_\_\_)
4. Recommended ASA daily.
5. Encouraged activity.
6. Encouraged diet.
7. Reviewed med options: risks, benefits and side effects (including ACE inhibitors).
8. Discussed targets and management of lipids, HTN and proteinuria.
9. Spent more than 50 percent of this 105-minute visit in counseling re: therapy options and management of diabetes.

Signed: \_\_\_\_\_



**FPM Toolbox** To find more practice resources, visit <https://www.aafp.org/fpm/toolbox>.

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