

# PATIENT-PHYSICIAN PARTNERSHIP AGREEMENT FOR DIABETES MANAGEMENT

## Objective

To better manage your diabetes through a patient-physician partnership and goal setting.

## Reason

Medical research and clinical experience have shown that optimal management of diabetes significantly reduces the known complications of this disease, including blindness, heart attack, kidney failure and loss of a limb.

## Expectations

You can expect your physician to provide the following services, which are an essential part of diabetes management.

- **Office visits**—every three months for reviewing your progress.
- **Monitoring**—blood pressure, other vital signs, foot examination and A1C.
- **Annual screening**—lipids, microalbuminuria (test for kidney protein), eye examination and monofilament testing (sensory examination of feet).

## Personal Goals

Weight/Body Mass Index:	Current: _____ / _____	Ideal: _____ / _____
A1C (< 6.5 percent):	Current: _____	Goal for 6 months: _____ / _____
Blood pressure (< 130/80 mm/Hg):	Current: _____	Goal: _____
Total cholesterol (< 200 mg/dl):	Current: _____	Goal: _____
LDL (< 100 mg/dl):	Current: _____	Goal: _____

## Your Responsibilities

- Schedule follow-up appointments every three months or as indicated by your doctor.
- Monitor blood sugars at home at the agreed testing frequency: \_\_\_\_\_.
- Work toward attaining the personal goals noted above.

Patient signature: \_\_\_\_\_ Date: \_\_\_\_\_

Physician signature: \_\_\_\_\_ Date: \_\_\_\_\_



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

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