



SETMA I - 2929 Calder, Suite 100  
SETMA II - 3570 College, Suite 200  
SETMA West - 2010 Dowlen  
(409) 833-9797  
www.setma.com

## Diabetes Follow-Up Note Treatment Plan and Plan of Care

**Patient**  
**Date of Birth**                      **Age**    81 years  
**Ethnicity**                            **African-American**  
**Sex**                                     **M**

**Encounter Date**                    **04/02/10**

### Follow-Up Care

Your next visit should be scheduled in 3 month(s)

### The Secret to Diabetes: Learning

Remember, Dr. Joslin, one of the founders of modern care of diabetes said, "He who knows the most about diabetes will live the longest." If you have not been to diabetes self-management education classes in the past two years, ask your provider to give you a referral.

If you control your blood pressure, blood sugar and cholesterol, along with your weight and if you exercise regularly, you can live successfully with diabetes. If you do not, you will be subject to problems with your eyes, kidneys, heart, arteries, nervous system and with your feet and legs.

As a patient with diabetes, it is crucial that you have the following care routinely:

	<u>Your Latest Results</u>
Annual Dilated Eye Examination by an Ophthalmologist	Your Last Date - 04/23/2009
Hemoglobin A1C	Your Last Date - 04/05/2010
Monofilament Examination of Your Feet	Your Last Date - 04/02/2010
Controlled Blood Pressure	Your last reading was not controlled.
Urine for Protein for Kidney Damage	Your Last Date - 04/05/2010
Flu Immunization	Your Last Date - 11/02/2009
Taking an 81 mg Aspirin	You are taking aspirin.
Dental Care with Cleaning of Teeth	
Cholesterol Check	Your Last Date - 04/05/2010

### Referrals

Arrangements are being made for you to see other healthcare providers; it is important that you keep these appointments. If you are unable to, please contact our office to let us know you missed your appointment so that we can help you reschedule it.

<u>Status</u>	<u>Priority</u>	<u>Referral</u>	<u>Referring Provider</u>
Completed	Routine	Carmack, David	
Completed	Routine	Bone Density	

## **Future Lab Orders**

The following lab orders are to be completed on or before your next office visit.

Bilirubin, Direct  
BNP  
CBC  
CMP, Fasting  
Glycohemoglobin  
Lipid Panel  
Micral Strip  
PSA  
Urinalysis

On 04/05/2010 please come to the laboratory at SETMA 2 to have your laboratory studies done before your next visit. Make certain that you have fasted 12 hours prior to arriving for your lab testing. Come to the main registration desk and they will direct you to the lab.

## **Compliance**

Last Dilated Eye Exam	04/23/2009	(annual)
Last Flu Shot	11/05/2008	(annual)
Last Foot Exam	05/11/2009	(each office visit)
Last HgbA1C	03/02/2009	(three times yearly)
Last Pneumovax	03/02/2009	(every ten years)
Last Urinalysis	03/02/2009	(annual)

## **Active Medications**

The following are the medications which you should be taking. Please notify your provider if you are unable to obtain your medications for any reason. Do not just stop taking your medication without calling your healthcare provider immediately .

<u>Start Date</u>	<u>Brand</u>	<u>Dose</u>	<u>Sig Desc</u>
04/02/2010	Triamterene-hctz	37.5-25mg	Take one capsule by mouth daily
04/02/2010	Pravachol	20 Mg	1 tab by mouth daily
04/02/2010	Nifedipine Er	90 Mg	Take one tablet by mouth daily
04/02/2010	Plavix	75 Mg	1 by mouth daily
04/02/2010	Requip	1 Mg	one by mouth at bedtime
04/02/2010	Glucophage	500mg	Take one tablet by mouth two times per day
	Aspirin	81 Mg	one by mouth daily

Please review this list of your medications. If any medication you are taking is missing -- if you have medications which are not listed please bring that to your healthcare provider's attention.

**If you vomit twice or more within 12 hours, call your doctor or go to an emergency room.**

## ***Dietary Guidelines***

If you cannot eat as usual, replace solid food with sugar-containing fluids. Try to take 10 grams carbohydrate every hour.

Below are some suggested 10-gram servings.

mL

Cups

75	1/3	Apple juice or pineapple juice
125	1/2	Orange juice
50	1/4	Regular Jell-O
75	1/3	Regular Soda
100	1/3	Ice Cream
50	1/4	Sherbet
200	3/4	Milk
75	1/3	Sugar-sweetened Kool-Aid
125	1/2	Applesauce
		1/2 Popsicle

Avoid milk products if you are vomiting or have diarrhea sick day.

## **Lifestyle Changes**

The following lifestyle changes will improve the results of the treatment of your diabetes. Please learn these steps and use them to help you control your blood sugar.

Caloric restriction to achieve weight loss.

Carbohydrate limited diet.

Uniform distribution of calories throughout the day.

No caloric intake after 6-7 PM. This will result in lower first morning blood sugar levels.

High fat meals may result in delayed hyperglycemia.

Limit alcohol consumption to no more than 2 drinks per day.

Poor dental hygiene is associated with complications in diabetic patients.

Encourage patient to clean teeth with flossing daily

Encourage annual dental examination and teeth cleaning

## **Daily Diabetic Foot Care**

1. Wash your feet daily.
2. Dry your feet well, especially between the toes.
3. Lubricate your skin daily with a moisturizing lotion.
4. Inspect your feet daily to check for cuts, blisters, or calluses.
5. Use a fine emery board to keep calluses at a minimum.
6. Trim toenails very carefully, with no skin trauma.
7. Use an emery board to shape toenails like the ends of your toes.
8. Change daily into soft, well-fitting socks or stockings.
9. Wear shoes that fit well and are comfortable.
10. Examine your shoes daily for foreign bodies.
11. Never walk barefoot.
12. Consider visits to a podiatrist on a regular basis.

## **Plan of Care**

Our plan of care for the treatment of your diabetes is based on the evaluation of your compliance with your care.

Are you compliant with your medications? Yes

Are you compliant with your follow-up? Yes

Are you compliant with your diet? Yes

Are you compliant with your education? No

Are you compliant with your exercise? No

It is important that you control your weight, that you exercise and that you not smoke and/or avoid second-hand smoke. Please review your LESS Initiative document. Learn your Body Mass Index, Your body Fat and your Basal Metabolic Rate (BMR) from that evaluation. Increase your BMR by increasing your activity level. This will make it easier for you to lose weight and/or maintain your weight.

You must take your medications, keep your appointments, and learn all you can about diabetes.

Our records show that you have not attended a Diabetes Self Management Education class. Please arrange with your provider to attend a class.

## **Cardiovascular Risk**

Your Framingham Cardiovascular Risk Score is 18 points.

Your Global Cardiovascular Risk Score is .6 points. (a score below 4 is desirable)

Because the Global Cardiovascular Risk Score is based on the Framingham Data, but has the gender and age factors eliminated, it often is a more accurate estimate of your risk, particularly in the young and in the elderly.

Your risk score is high. In that your risk score is high, it is important to control your cholesterol and triglycerides, blood pressure, blood sugar and weight.

## **Latest Lab Results**

HgbA1c	6.2 %	04/05/2010
Mean Plasma Glucose	125.6 mg/dL	
Cholesterol	141 mg/dL	04/05/2010
Triglycerides	98 mg/dL	04/05/2010
HDL	53 mg/dL	04/05/2010
Trig/HDL Ratio	1.85	
Sodium	137 mmol/L	04/05/2010
Potassium	3.9 mmol/L	04/05/2010
Magnesium	1.9 mg/dL	03/02/2009
BUN	26 mg/dL	04/05/2010
Creatinine	1.1 mg/dL	04/05/2010
Urine Microalbumin	Negative	04/05/2010

We will monitor your blood values regularly. Remember the Hemoglobin A1C (HgbA1C) estimates the average blood sugar which you have had for the past three months. If your HgbA1C is above 6.0, your eyes, your kidneys, your heart, your nerves and your blood vessels are subject to being damaged. It is important for you personally to know your HgbA1C and that you keep track of it.

In order to prevent duplications in laboratory testing, please have all of your labs done at SETMA. In that way, the results will be in our computer and we will send the results to your endocrinologist if he/she is not a part of SETMA.

Your current HgbA1c is 6.2 %. While this was once within the normal limits of standard care, studies have shown that with a HgbA1c between 6.5 and 7.0 that you are still subject to kidney, eye, nerve, vessel and heart damage. Ask to be referred to diabetes education or to SETMA's endocrinologist for improved control.

Your Urine Microalbumin is Negative.

## **Goals**

Your plan of care is designed to help you achieve:

- \* Compliance with treatment strategies.
- \* A Hemoglobin A1C which is below 6.5.
- \* A blood pressure which is below 120/80.
- \* A cardiovascular risk score as measured by the Framingham Score which is moderate or low.
- \* A cholesterol which is below 120, an LDL which is below 100 and an HDL which is above 40.

Our goals are to preserve your:

- \* Eye function
- \* Kidney function
- \* Hearts health
- \* Circulation in your legs

Your most recent blood pressure is 120 / 70 mmHg. This represents a Optimal blood pressure stage.

You will receive a separate Treatment Plan and A Plan of Care which will address your blood pressure. It is important for your blood pressure to be controlled in order to protect your heart, your kidneys and your brain from damage by chronically increased blood pressure.

Bring this document with you to your next visit and ask your healthcare provider to explain anything that you do not understand.

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