

COMPONENTS OF THE COMPREHENSIVE DIABETES EVALUATION

MEDICAL HISTORY

- Age and characteristics of onset of diabetes (e.g., DKA, asymptomatic laboratory finding)
- Eating patterns, nutritional status, and weight history; growth and development in children and adolescents
- Diabetes education history
- Review of previous treatment regimens and response to therapy (A1C records)
- Current treatment of diabetes, including medications, meal plan, physical activity patterns, and results of glucose monitoring and patient's use of data
- DKA frequency, severity, and cause
- Hypoglycemic episodes
- Hypoglycemia awareness
- Any severe hypoglycemia: frequency and cause
- History of diabetes-related complications
- Microvascular: retinopathy, nephropathy, neuropathy (sensory, including history of foot lesions; autonomic, including sexual dysfunction and gastroparesis)
- Macrovascular: CHD, cerebrovascular disease, PAD
- Other: psychosocial problems,* dental disease*

PHYSICAL EXAMINATION

- Height, weight, BMI
- Blood pressure determination, including orthostatic measurements when indicated
- Fundoscopic examination*
- Thyroid palpation
- Skin examination (for acanthosis nigricans and insulin injection sites)
- Comprehensive foot examination:
 - Inspection
 - Palpation of dorsalis pedis and posterior tibial pulses
 - Presence/absence of patellar and Achilles reflexes
 - Determination of proprioception, vibration, and monofilament sensation

LABORATORY EVALUATION

- A1C, if results not available within past 2–3 months
- If not performed/available within past year:
- Fasting lipid profile, including total, LDL, and HDL cholesterol and triglycerides
 - Liver function tests
 - Test for urine albumin excretion with spot urine albumin-to-creatinine ratio
 - Serum creatinine and calculated GFR
 - Thyroid-stimulating hormone in type 1 diabetes, dyslipidemia or women over age 50

REFERRALS

- Annual dilated eye exam
- Family planning for women of reproductive age
- Registered dietitian for MNT
- Diabetes self-management education
- Dental examination
- Mental health professional, if needed

SOURCE: (American Diabetes Association, *Diabetes Care*, Volume 31, Supplement 1, Table 7, January 2008)