

# Comprehensive Diabetes Checklist

This is a list of management skills and required tests all people with diabetes should review. If you don't have all of these skills, ask your physician and certified diabetes educator (C.D.E.) for help acquiring these skills, or contact the Joslin Diabetes Center nearest you. In order to get as full a picture of your diabetes as possible, it is also crucial for you to have all of the tests outlined here, and within the time frame recommended.

## Meal Planning

- create your own meal plan
- discuss special foods and occasions
- discuss options when dining out
- portion control
- low cholesterol, low-fat guidelines
- fitting sugar into the meal plan
- label reading
- alcohol

## Self monitoring of blood glucose

- blood glucose goals
- how to use a meter to guarantee accurate results
- monitoring schedule
- how to clean meter
- storing supplies
- interpreting blood glucose values and making decisions in diabetes treatment plan

## Use of insulin or diabetes pills

- action and side effects of medication
- timing and treatment schedule
- insulin injection technique
- site rotation schedule for injection
- proper storage, refrigeration and disposal of supplies
- what to do for missed doses

## Exercise

- exercise guidelines: how long, how hard, how often and when?
- snacking adjustments
- preventing high and low blood glucose

## Knowledge of high and low blood glucose

- factors that cause high and low blood glucose
- symptoms
- how to treat
- how to prevent
- when to call a healthcare provider

## Foot Care

- daily foot care
- emergency treatment for cuts, sores, abrasions
- how to do a proper foot exam
- proper footwear

**Sick day management**

- preventing life-threatening problems
- what to eat and drink
- monitoring and medication schedule
- when to call the doctor

**Urine testing for ketones**

(for insulin users only)

- when and how to check for ketones
- what ketones mean
- when to call the doctor

**Special topics**

- meal plan
- skills in taking medication
- glucose monitoring technique
- treatment of high and low blood glucose
- sick day management
- risk factors for health problems
- foot care treatment

**Tests should have at least once a year:**

- A1C (2-4 times/year)
- Kidney function
- Cholesterol, LDL, HDL, and triglycerides (lipids)
- Foot exam
- Dilated Eye exam
- Blood pressure
- General health exam
- Urinary microalbuminuria
- GFR (for more info, [click here](#))