

**BASIC SELF-MANAGEMENT EDUCATION
ROUTINE VISITS - ADULT PATIENTS**

	Date	Comments – Update Yearly for All
Lifestyle review: Tobacco use, alcohol use, stress, depression, birth control, pre-pregnancy counseling, physical activity)		
Sick day management and Urine ketone testing		
Medication administration		
Self blood glucose monitoring		
Hypoglycemia treatment		
Nutrition management		
Foot care (Separate sheet)		
Eye care (separate sheet)		
Dental Care (separate sheet)		
Nephropathy		
Neuropathy		
Hypertension (high blood pressure)		
Formal Self-Management Diabetes Education		