

# Sample Standing Orders for Patients with Diabetes\*

## VHQC Wellness Initiative

The following standing order will be implemented in order to ensure that our diabetic patients receive optimum care:

1. A **Diabetes Flow Sheet** will be placed in the chart of every patient with diabetes and updated during each visit.
2. The following will be performed and recorded on the Diabetes Flow Sheet for each visit:
  - ♦ **Blood pressure**
  - ♦ **Weight**
  - ♦ Ask the patient if they have any problems or **questions about their diabetes, exercise program or diabetic diet**. Alert the physician if the patient has teaching needs or questions.
  - ♦ Ask the patient to remove their shoes and socks for a **foot exam**. Perform a foot exam to include:
    - ♦ Screen and identify feet at risk (i.e., swelling, poor circulation, sores, etc.).
    - ♦ Palpate dorsalis pedis and posterior tibial pulses.
    - ♦ Inspect the skin of the feet for abnormalities.
    - ♦ Alert the physician to any abnormalities.
3. If a **HbA1c** has not been done in past 6 months:
  - ♦ Complete requisition and attach to chart for physician approval.
4. If a **urinalysis** was not done in the past year:
  - ♦ Complete a requisition for screening of **microalbuminuria** and attach to chart for physician approval.
5. If a **lipid profile** was not done in the past year:
  - ♦ Complete a requisition for a fasting lipid profile (cholesterol, triglycerides, HDL, and LDL) and attach to the chart for physician approval.
6. If a **dilated eye exam** was not done in the past year:
  - ♦ Complete a referral for a dilated eye exam by an ophthalmologist/optometrist and attach to the chart for physician approval.
7. Every person with diabetes should have at least one pneumococcal shot and should be assessed after 5 years to determine the need for a booster. Every person with diabetes should have an annual flu shot.
  - ♦ Notify the physician if the patient needs either a pneumococcal or influenza immunization.

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

Date: \_\_\_\_\_

\* Based on the American Diabetes Association's "Standards of Medical Care for Patients with Diabetes Mellitus," Clinical Practice Recommendations 2001.

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