

Diabetes Action Plan

Name: _____

Date: _____

Note: Fill out this action plan with the help of your doctor, and bring it with you every time you go to the doctor or hospital so that your health-care providers are all working from the same information.

PART 1: GENERAL CARE

If you're feeling well and your blood glucose is within target range, continue your usual routine. Keep notes in your diabetes diary.

If you feel fine but your blood sugar reading is a little higher or lower than the target range, write it down in your diabetes diary and repeat the test an hour later.

Important Contact Information

Primary care doctor or case manager: _____

Optometrist or ophthalmologist: _____

Endocrinologist or other specialist: _____

Podiatrist: _____

Pharmacist: _____

Other: _____

Daily Medicines

Include all medicines you take, even over-the-counter ones like aspirin, and your insulin shots, too (if you take any).

Medicine	Amount (dose)	When to take

General Health Targets

Blood glucose target: ____ to ____
(In general, goal is between 80 and 120 mg/dL)

Weight target: ____ lbs **This is a BMI target of:** ____
Current BMI is: ____

Blood pressure target: ____ / ____
(For diabetics, goal is usually below 130/80)

(In general, aim for a body mass index of 25 or less -- check the [BMI calculator](#) or ask your doctor to determine yours.)

Exercise targets: ____ minutes of _____ every day three times a week once a week
 ____ minutes of _____ every day three times a week once a week
 ____ minutes of _____ every day three times a week once a week

Nutrition: Eat a balanced diet with plenty of fresh veggies and fiber, and go easy on the sugar and fat, especially cholesterol-heavy meats and dairy fats. Try not to get more than 50 percent of your calories from carbohydrates. The occasional cocktail or glass of wine with meals is okay, but alcohol -- especially on an empty stomach -- can play havoc with your sugar levels.

Foot care: The circulation and feeling in your legs and feet can be affected by diabetes, and smoking worsens these problems. Wear padded, absorbent socks to avoid infections, and comfortable shoes to prevent corns, calluses, sores, and other conditions. Check your feet every day for injuries and infections. Clean and soak your feet in a warm bath daily, and use a pumice stone or brush to scrub off dead skin. Pat your feet dry and use lotion to keep them moisturized.

Recent Lab Tests

Cholesterol (in mg/dL)

Total cholesterol: current _____ target _____ (usually 150 or less)
 LDL cholesterol: current _____ target _____ (usually 100 or less)
 HDL cholesterol: current _____ target _____ (usually 40 or more)
 Triglycerides: current _____ target _____ (usually 150 or less)

BUN: _____ mg/dL (Date tested: _____)

Blood urea nitrogen tests for kidney function. Normal value is 7-25 mg/dL.

Creatinine: _____ mg/dL (Date tested: _____)

Also tests for kidney function. Normal value is less than 1.5 mg/dL. (For Type 2 diabetics 4-6 mg/dL is okay.)

Last A1C test result: _____ percent (Date tested: _____)
(This test tells you if your blood glucose has been under control for the past 8 to 12 weeks; A1C test result should be less than 7 percent.)

BUN/creatinine ratio:

(Normal value less than 20:1)

Next lab tests due on:

PART 2: EMERGENCY PREPARATION

Many things can cause your blood sugar to fall dangerously low (**hypoglycemia**), including taking too much insulin, missing or delaying a meal, not eating enough food for the amount of insulin you've taken, exercising very strenuously, and drinking alcohol, especially on an empty stomach. After having diabetes for several years, many people develop **hypoglycemia unawareness** -- they lose the ability to detect the onset of hypoglycemia. Risk factors include frequent hypoglycemia, nerve damage, and intensive insulin therapy.

For this reason, it's crucial to involve others in your emergency plans. Train family members, coworkers, and friends to **spot the signs of hypoglycemia**, especially moderate to severe symptoms, because you may not be able to ask for help in an emergency. **Make sure even small children know how to call 911 for you.** It's also vital that someone around you is trained to **give you a glucagon injection** if you lose

<p>Emergency contact (spouse, parent, relative, or friend): _____ _____</p> <p>Local hospital or emergency room: _____ _____</p> <p>In case of any life-threatening emergency, CALL 911</p>	<p>Ambulance: _____</p> <p>Glucagon kit is stored here: _____</p> <p>Replace after (date): _____</p> <p>Known reactions to drugs, additives, or foods: _____ _____</p>
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Hypoglycemia Warning Signs	What to Do
<p>If your blood sugar is below 70 mg/dL, your blood sugar is low (you have hypoglycemia).</p> <p>With mild hypoglycemia you may feel:</p> <ul style="list-style-type: none"> • hungry • shaky • sweaty • irritable • weak • anxious • your heart racing 	<p>If possible, test your blood glucose.</p> <p>1. Eat or drink 15 grams of carbohydrate to raise your blood glucose by 50 points. Examples:</p> <ul style="list-style-type: none"> • Four ounces of juice • One cup of skim milk • Half a can of soda (NOT diet) • Four to six LifeSavers • Three glucose tablets • One packet of glucose gel <p>2. After 15 to 20 minutes, check to make sure your blood glucose is above 80 mg/dL. If it's still low, repeat with 15 grams more.</p> <p>3. If you won't be eating a meal within one hour, eat a snack that has some protein and carbohydrate. Examples:</p> <ul style="list-style-type: none"> • Half sandwich with one ounce of meat or cheese • One ounce of cheese and six saltine crackers • Two tablespoons of peanut butter with graham crackers or some bread
<p>If you have any of these symptoms, your head and brain are starting to be affected by moderate hypoglycemia:</p> <ul style="list-style-type: none"> • difficulty concentrating • confusion • headache • numbness and tingling around the lips 	<p>1. Eat 30 grams of carbohydrate. (Double what you'd take for mild hypoglycemia.)</p> <p>2. After 15 to 20 minutes, check to make sure your blood glucose is above 80 mg/dL. If it's still low, repeat with 15 to 20 grams more.</p> <p>3. If you won't be eating a meal within one hour, eat a snack that has some protein and carbohydrate.</p>
<p>Signs of severe hypoglycemia can include:</p> <ul style="list-style-type: none"> • confusion • severe behavior change, which may include combativeness • unconsciousness • seizures <p>Many people are awake and appear alert, however they may not be able to answer simple questions and often can't tell others what is wrong.</p>	<ul style="list-style-type: none"> • In this situation, you'll always need immediate help from others. (If you're alone, try to call 911 for help and eat at least 30 grams of carbohydrate.) • If you're conscious and there are people with you, they should feed you at least 30 grams of carbohydrate. • After 15 to 20 minutes, they should check your blood glucose. If it's still below 80 mg/dL, they should repeat with 15 to 30 grams more. • If you lose consciousness, someone should call 911 immediately. If a trained person is available, they should give you a glucagon shot in the meantime.