Checklist for Vision Professionals working with Diabetics

___ Had diabetic education by a healthcare professional in the past year

Checks blood glucose
___ Inserts strip
___ Applies blood
___ Result can be seen or heard

Manages diet and exercise
___ Accesses information on food labels
___ Determines proper serving size
___ Understands carbohydrates and their role in blood sugar levels
___ Understands protein and fiber and their role in diet
___ Has access to exercise equipment
___ Follows exercise plan

Self care
___ Weighs self
___ Measures blood pressure
___ Takes body temperature

Cares for feet
___ Trims nails
___ Keeps feet clean and dry
___ Wears proper footwear
___ Knows symptoms of potential foot problems
___ Identifies symptoms of low and high blood glucose
___ Has emergency plan for sick days

Record keeping
___ Keeps phone numbers for doctor/pharmacy in accessible format
___ Keeps log of glucose, body weight, blood pressure, and temperature if requested by doctor
___ Has a system for keeping track of appointments

Medication measurement and management
___ Knows directions for all medications
___ Refills medications
___ Measures insulin
___ Gives injection of insulin
___ Disposes of sharps appropriately

Transportation
___ Finds transportation to all medical appointments
___ Has emergency plan for situations that may come up