

Your/Your Child's Diabetes Visit – What to Expect, What to Ask



Your Name: _____ Your Relationship to the Child: _____

Are there specific concerns you want to discuss today? No Yes _____

Have there been any major changes in your family lately?

None Move Job Change Separation Divorce Death in the family New pet

Other? Describe: _____

General Health Information. Since Your Last Visit:

Yes No Unsure

Have you or your child had any major illness and/or hospitalizations?

Have you, anyone in your family, or your child's relatives developed new medical problems since the last visit?

Are there any changes to your (or your child's) medications?

Do you (or your child) smoke?

Do you or any adults who are around you (or your child) smoke (includes inside or outside the house)?

Have you (or your child) been seen in the emergency room in the last 6 months for diabetes?

No Yes 1-2 times Yes 3-4 times Yes 5-6 times Yes more than 6 times

Have you (or your child) been hospitalized for diabetes in the last 12 months?

No Yes 1-2 times Yes 3-4 times Yes 5-6 times Yes more than 6 times

Do you (or your child) have any of the following diabetes symptoms currently?

Unusual thirst Increased urination Dizziness Blurred vision Frequent infections Slow healing
 Extreme hunger Feeling very tired Unusual weight loss

Do you (or your child) currently follow a diabetic diet?

No Yes, always Yes, sometimes Yes, seldom

Have you (or your child) had a foot exam in the last year?

No Yes, several years ago Yes, yearly Yes, within the last 6 months Yes, seldom

Have you (or your child) had an eye exam in the last year?

No Yes, several years ago Yes, yearly Yes, within the last 6 months Yes

Do you (or your child) check your blood sugars?

No Yes No, do not have a monitor No, do not have supplies

Last 3 readings:

Ask your (or your child's) doctor about any specific concerns about coronary artery disease.

Would you like to get more information on any of the topics below?

Medications/Treatments

- Insulin
- Diabetic medicine
- Checking/Monitoring blood sugar
- Diabetes testing
- Steroids
- Diabetes specialis

Symptoms/Complications

- Signs of Hypoglycemia (Low Blood Sugar)
- Signs of Hyperglycemia (High Blood Sugar)
- Normal Blood Sugar Range
- Complications of Diabetes
- Non-healing wounds

Health Promotion

- Smoking Cessation
- Diabetes Prevention
- Exercise routine
- When to call doctor
- Dental appointment
- Foot exams/care
- Eye exams

Nutrition

- Diabetic diet
- Calorie intake
- Healthy snacks
- Artificial sweeteners
- Alcohol intake

This is not a self-diagnosis tool or a treatment plan. Please consult your doctor and share this with your doctor at your next visit.