

# Body Mass Index

		Height (metres)																		
		1.47	1.5	1.53	1.56	1.59	1.62	1.65	1.68	1.71	1.74	1.77	1.8	1.83	1.86	1.89	1.92	1.95		
Weight (kilograms)	136	63	60	58	56	54	52	50	48	47	45	43	42	41	39	38	37	36	300	Weight (pounds)
	134	62	60	57	55	53	51	49	47	46	44	43	41	40	39	38	36	35	295	
	132	61	59	56	54	52	50	48	47	45	44	42	41	39	38	37	36	35	291	
	130	60	58	56	53	51	50	48	46	44	43	41	40	39	38	36	35	34	287	
	128	59	57	55	53	51	49	47	45	44	42	41	40	38	37	36	35	34	282	
	126	58	56	54	52	50	48	46	45	43	42	40	39	38	36	35	34	33	278	
	124	57	55	53	51	49	47	46	44	42	41	40	38	37	36	35	34	33	273	
	122	56	54	52	50	48	46	45	43	42	40	39	38	36	35	34	33	32	269	
	120	56	53	51	49	47	46	44	43	41	40	38	37	36	35	34	33	32	265	
	118	55	52	50	48	47	45	43	42	40	39	38	36	35	34	33	32	31	260	
	116	54	52	50	48	46	44	43	41	40	38	37	36	35	34	32	31	31	256	
	114	53	51	49	47	45	43	42	40	39	38	36	35	34	33	32	31	30	251	
	112	52	50	48	46	44	43	41	40	38	37	36	35	33	32	31	30	29	247	
	110	51	49	47	45	44	42	40	39	38	36	35	34	33	32	31	30	29	243	
	108	50	48	46	44	43	41	40	38	37	36	34	33	32	31	30	29	28	238	
	106	49	47	45	44	42	40	39	38	36	35	34	33	32	31	30	29	28	234	
	104	48	46	44	43	41	40	38	37	36	34	33	32	31	30	29	28	27	229	
	102	47	45	44	42	40	39	37	36	35	34	33	31	30	29	29	28	27	225	
	100	46	44	43	41	40	38	37	35	34	33	32	31	30	29	28	27	26	220	
	98	45	44	42	40	39	37	36	35	34	32	31	30	29	28	27	27	26	216	
96	44	43	41	39	38	37	35	34	33	32	31	30	29	28	27	26	25	212		
94	44	42	40	39	37	36	35	33	32	31	30	29	28	27	26	25	25	207		
92	43	41	39	38	36	35	34	33	31	30	29	28	27	27	26	25	24	203		
90	42	40	38	37	36	34	33	32	31	30	29	28	27	26	25	24	24	198		
88	41	39	38	36	35	34	32	31	30	29	28	27	26	25	25	24	23	194		
86	40	38	37	35	34	33	32	30	29	28	27	27	26	25	24	23	23	190		
84	39	37	36	35	33	32	31	30	29	28	27	26	25	24	24	23	22	185		
82	38	36	35	34	32	31	30	29	28	27	26	25	24	24	23	22	22	181		
80	37	36	34	33	32	30	29	28	27	26	26	25	24	23	22	22	21	176		
78	36	35	33	32	31	30	29	28	27	26	25	24	23	23	22	21	21	172		
76	35	34	32	31	30	29	28	27	26	25	24	23	23	22	21	21	20	168		
74	34	33	32	30	29	28	27	26	25	24	24	23	22	21	21	20	19	163		
72	33	32	31	30	28	27	26	26	25	24	23	22	21	21	20	20	19	159		
70	32	31	30	29	28	27	26	25	24	23	22	22	21	20	20	19	18	154		
68	31	30	29	28	27	26	25	24	23	22	22	21	20	20	19	18	18	150		
66	31	29	28	27	26	25	24	23	23	22	21	20	20	19	18	18	17	146		
64	30	28	27	26	25	24	24	23	22	21	20	20	19	18	18	17	17	141		
62	29	28	26	25	25	24	23	22	21	20	20	19	19	18	17	17	16	137		
60	28	27	26	25	24	23	22	21	21	20	19	19	18	17	17	16	16	132		
58	27	26	25	24	23	22	21	21	20	19	19	18	17	17	16	16	15	128		
56	26	25	24	23	22	21	21	20	19	18	18	17	17	16	16	15	15	123		
54	25	24	23	22	21	21	20	19	18	18	17	17	16	16	15	15	14	119		
52	24	23	22	21	21	20	19	18	18	17	17	16	16	15	15	14	14	115		
50	23	22	21	21	20	19	18	18	17	17	16	15	15	14	14	14	13	110		
48	22	21	21	20	19	18	18	17	16	16	15	15	14	14	13	13	13	106		
46	21	20	20	19	18	18	17	16	16	15	15	14	14	13	13	12	12	101		

OBESSE  $\geq$  30 (includes Class I, II, III)

OVERWEIGHT 25.0 - 29.9

NORMAL 18.5 - 24.9


UNDERWEIGHT  $<$  18.5

Weight (pounds)

Height (inches) 58 59 60 61 63 64 65 66 67 69 70 71 72 73 74 76 77

# DIABETES PATIENT CARE FLOW SHEET

NAME OF PATIENT	PHN
RELEVANT COMORBID CONDITIONS	YEAR OF DIAGNOSIS
	TYPE OF DIABETES

		(DATE) →						
		GUIDELINES	PROCEDURE					
3 TO 6 MONTHS	GLYCEMIC CONTROL	Fasting or pre-meal glucose level 4-7; 2 hrs after meal 5-10	Review blood glucose records (✓ WHEN DONE) →					
		Target <7.0%	A1C (RECORD VALUE) →					
		Diabetes medications	(RECORD MED CHANGE) →					
	HYPER-TENSION	Target ≤ 130/80	BP (RECORD VALUE) →					
			BP medications (RECORD MED CHANGE) →					
	OTHER	Target body mass index (BMI): 18.5 - 24.9	kg/m <sup>2</sup> (RECORD VALUE) →					
Vascular protection		Stop smoking; lower stress; proper diet; activity 2.5 hrs/wk (✓ WHEN DONE) →						
ANNUALLY AND/OR AS INDICATED	LIPIDS	Calculated 10-yr CHD Risk Level (if available)						
		Fasting lipid profile targets	Ratio < 4.0 (High Risk) < 5.0 (Moderate)	Ratio (TC/HDL) (RECORD VALUE) →				
			LDL < 2.5 High Risk; < 3.5 Moderate	LDL (RECORD VALUE) →				
			Lipid lowering meds (RECORD MEDS) →					
	METER	Meter within 20% of simultaneous lab value	Fasting glucose meter/lab comparison (✓ WHEN DONE) →					
	EYES	Dilated eye exam	Ophthalmologist/ Optometrist (✓ WHEN DONE) →					
	RENAL	Screen for nephropathy	ACR Target < 2.0 M: < 2.8 F	ACR albumin: creatinine ratio (RECORD VALUE) →				
				eGFR (RECORD VALUE) →				
	NEUROPATHY	Foot care	Lower extremity exam (✓ WHEN DONE) →					
		Check for peripheral anesthesia	Test for loss of sensation with 10g monofilament or 128 Hz tuning fork					
Check for symptoms or findings such as pain, erectile dysfunction, gastrointestinal disturbance		(✓ WHEN DONE) →						
SELF MANAGEMENT	People with diabetes need the support of an interdisciplinary team	<ul style="list-style-type: none"> <li>Assess &amp; discuss self-management challenges</li> <li>Offer diabetes/risk management education</li> </ul> (✓ WHEN DONE) →						
	Vaccinations: Last pneumococcal vaccine: YYYY MM DD	Date of annual influenza vaccine →						