## Diabetes Management Chart

## Medical Institution Details

Name: Mystic Falls General Hospital
Address: 100 Salvatore Boarding House Road, Mystic Falls, VA
Phone Number: (555) 623-1001
Website: www.mysticfallsgeneral.com

Patient Details
Full Name: Stefan Salvatore
Date of Birth: 11/01/1847
Gender: Male
Patient ID: 1864
Contact Number: (555) 017-1864
Email Address: stefan.salvatore@mysticfalls.com
Referred by Dr./Physician: Dr. Meredith Fell

## Diabetes Type

$\square$ Type 1
(V) Type 2GestationalOther:

Blood Glucose Monitoring

| Date | Fasting <br> (mg/dL) | Post <br> Breakfast <br> $(\mathrm{mg} / \mathrm{dL})$ | Pre- <br> Lunch <br> $(\mathrm{mg} / \mathrm{dL})$ | Post- <br> Lunch <br> $(\mathrm{mg} / \mathrm{dL})$ | Pre- <br> Dinner <br> $(\mathrm{mg} / \mathrm{dL})$ | Post- <br> Dinner <br> $(\mathrm{mg} / \mathrm{dL)})$ | Bedtime <br> $(\mathrm{mg} / \mathrm{dL})$ |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| $10 / 23 / 202$ <br> 3 | 110 | 145 | 98 | 165 | 105 | 180 | 140 |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

## Medication and Dosage

| Medication <br> Name | Dosage | Frequency | Time of Day | Notes |
| :--- | :--- | :--- | :--- | :--- |
| Metformin | 500 mg | Twice daily | Morning and <br> Evening | Take with meals |
|  |  |  |  |  |
|  |  |  |  |  |

## Insulin Administration (if applicable)

| Date | Type of Insulin | Dose (units) | Time Administered |
| :--- | :--- | :--- | :--- |
| $10 / 23 / 2023$ | N/A | N/A | N/A |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

Physical Activity

| Date | Type of Activity | Duration (minutes) | Intensity |
| :--- | :--- | :--- | :--- |
| $10 / 23 / 2023$ | Walking | 30 | Moderate |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

## Dietary Intake (Sample)

| Date | Breakfast | Lunch | Dinner | Snacks | Notes |
| :--- | :--- | :--- | :--- | :--- | :--- |
| 10/23/2023 | Oatmeal with ber | Grilled chicken s | Baked salmon wil | Almonds, apple s | Monitor portion si |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

Mild hypoglycemia noted pre-lunch; treated with a small apple.

HbA1c Test Results (Last 12 months)

| Date | Result (\%) | Notes |
| :--- | :--- | :--- |
| $11 / 07 / 2023$ | $6.8 \%$ | As of 09/01/2023 |
|  |  |  |
|  |  |  |
|  |  |  |

## Recommendations \& Physician's Notes

Continue current medication regimen.
Increase daily physical activity to 45 minutes.
Monitor blood glucose levels closely; aim for fasting levels < $100 \mathrm{mg} / \mathrm{dL}$.
Next HbA1c test scheduled for 12/01/2023.

Next Appointment: 11/15/2023

Physician's Signature: Dr. Meredith Fell Date: 10/23/2023

Note: This chart is intended for tracking and management purposes. Always consult with a healthcare professional regarding any concerns or changes in treatment.

This template provides a comprehensive view of a patient's diabetes management, incorporating various aspects like blood glucose monitoring, medication, insulin administration, physical activity, dietary intake, and more.

