Diabetes – Mind Map

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| Laboratory Test Request | Lipid profile | Blood urea nitrogen |
| Blood glucose | Blood creatinine |
| Fasting blood glucose | Electrolytes |
| 2 hour post-prandial glucose | Calcium |
| HbA1c | Uric acid |
| Complete blood count | Microalbuminuria |
| Liver function |  |
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| Point-of-care Tests | HbA1c | Blood glucose |
| Urine dipstick | Cholesterol |
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| Radiology/Other Test Request | Electrocardiogram | Chest X-ray (as necessary) |
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| Family History | Diabetes Mellitus | Stroke/transient ischaemic attack |
| Hypertension | Other cardiovascular disease |
| Heart attack/heart disease |  |
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| Health Education | Overview of diabetes (definition, causes/risk factors, symptoms) | Goals for blood glucose, lipids and blood pressure |
| Diabetes complications (microvascular and macrovascular) | Medication (possible side effects, administering insulin – if applicable) |
| Dietary modification and supplements | Sick day management |
| Physical activity | Self-monitoring of blood glucose (SMBG) if patient is on insulin therapy |
| Avoiding harmful use of alcohol | Foot care |
| Avoiding tobacco use | Pre-conception care |
| Avoiding use of other substances | Relationship between diabetes and depression, and the need for screening and treatment as required |
| Weight management | Importance of adherence to treatment plan |
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| Past Medical History | Weight loss/gain | Ketoacidosis |
| Comorbid conditions | Hypoglycaemia |
| Drug History |  |
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| Lifestyle/Social History | Nutrition | Alcohol use |
| Physical activity | Tobacco use |
| Occupation | Other substance use |
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| Physical Measurements | Height | Blood pressure |
| Body weight and BMI | Other vitals |
| Waist circumference |  |
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| Physical Examination | Respiratory | Feet |
| Cardiovascular | Eye/fundoscopy |
| Abdominal | Periodontal |
| Neuromuscular |  |
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| Specimen Collection | Spot urine |  |
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| Referrals | Nutrition | Cardiologist |
| Dietician | Internal Medicine |
| Psychiatrist | Paediatrician |
| Endocrinologist | Podiatrist |
| Nephrologist | Physiotherapy |
| Ophthalmologist | Emergency Physician |
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| Immunization | Influenza | dT |
| Pneumococcus |  |
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| Screening | Depression: KADS-6; PHQ-2; PHQ-9 tools | Cardiovascular risk (WHO tool) |
| Breast cancer | Colorectal cancer |
| Prostate cancer | Cervical cancer |