

Care Plan

Patient Information

Name: Annabelle Hogan
DOB: January 1, 1965
Care Provider Name: Betsy Salas
Diagnosis: Type 2 Diabetes Mellitus

Details

Assessment
1. Medical history: Newly diagnosed with type 2 diabetes; family history of diabetes; hypertension; overweight (BMI: 29)
2. Current symptoms: Increased thirst, frequent urination, fatigue, blurred vision
3. Relevant personal factors: Sedentary lifestyle, high-stress job, limited knowledge about diabetes management, non-smoker
Healthcare Needs and Goals
1. Improve glycemic control and reduce HbA1c level to <7% within six months
2. Manage hypertension and maintain a blood pressure of <130/80 mmHg
3. Promote healthy lifestyle changes to achieve weight loss and improve overall health
Interventions & Treatments
Medication: a. Metformin 500 mg, twice daily b. Lisinopril 10 mg, once daily (for hypertension)
Nutrition: a. Refer to a registered dietitian for personalized meal planning and education on carbohydrate counting b. Encourage a balanced diet with emphasis on whole grains, fruits, vegetables, lean proteins, and healthy fats
Exercise: a. Encourage at least 150 minutes of moderate-intensity aerobic activity per week (e.g., brisk walking, swimming, cycling) b. Recommend incorporating resistance training twice a week

Diabetes education:

- a. Enroll in a diabetes self-management education program to learn about blood glucose monitoring, medication management, and coping strategies

Monitoring:

- a. Regular blood glucose monitoring, as recommended by healthcare provider
- b. Blood pressure checks at each healthcare visit
- c. Quarterly HbA1c tests
- d. Annual comprehensive foot exam
- e. Annual dilated eye exam

Schedule for Monitoring & Evaluation

1. Follow-up appointment with the primary care provider in one month to assess medication response, blood pressure, and initial progress on lifestyle changes
2. Quarterly appointments with the primary care provider to assess HbA1c levels and adjust the care plan as needed
3. Regular communication with dietitians and diabetes educators to address questions or concerns, and provide ongoing support