

Diabetes Co-Conditions Screening Checklist



SCREENING PARAMETER AND FREQUENCY	
Cardiometabolic	
Blood Pressure	
✓	Every routine visit.
Lipid Panel	
	Children age > 2 years with type 1 diabetes: <ul style="list-style-type: none"> • Start after diagnosis once glycemic targets are met. • Then, at age 9 to 11 years and every 3 years thereafter.
	Children with type 2 diabetes: <ul style="list-style-type: none"> • Annually (start after diagnosis once glycemic targets are met).
	Adults: <ul style="list-style-type: none"> • At diagnosis. • Every 5 years if under 40 years of age.
	Individuals taking lipid-lowering medication: <ul style="list-style-type: none"> • At initiation of medication. • 4 to 12 weeks after initiating or modifying medication. • Annually.
Smoking Status and History	
	Every routine visit.
Body Weight with BMI Calculation	
	Annually at a minimum.
Ankle Brachial Index	
	In the presence of symptoms/signs of peripheral arterial disease (e.g. claudication, a history of decreased walking speed, leg fatigue, diminished pedal pulses).
Microvascular	
Retinopathy	
	Children age > 11 years (or at puberty) with type 1 diabetes: <ul style="list-style-type: none"> • Every 2 to 4 years (start 3 to 5 years after diagnosis).
	Adults with type 1 diabetes: <ul style="list-style-type: none"> • Every 1 to 2 years (start within 5 years of diagnosis).
	Adults and children with type 2 diabetes: <ul style="list-style-type: none"> • Annually (start at diagnosis).
Nephropathy	
Random spot urine albumin-to-creatinine ratio	
	Adults and children age > 10 years (or at puberty) with type 1 diabetes: <ul style="list-style-type: none"> • Annually (start 5 years after diagnosis).
	Adults and children with type 2 diabetes: <ul style="list-style-type: none"> • Annually (start at diagnosis).

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Microvascular	
Estimated glomerular filtration rate (eGFR)	
Children:	<ul style="list-style-type: none"> • At diagnosis. • Repeat as indicated based on clinical status, age, diabetes duration and therapies.
Adults:	<ul style="list-style-type: none"> • Annually (start at diagnosis).
Peripheral Neuropathy	
Adults and children age > 10 years (or at puberty) with type 1 diabetes:	
	<ul style="list-style-type: none"> • Annually (start 5 years after diagnosis).
Adults and children with type 2 diabetes:	
	<ul style="list-style-type: none"> • Annually (start at diagnosis).
Autonomic Neuropathy	
In the presence of microvascular co-conditions or signs/symptoms of hypoglycemia unawareness, resting tachycardia, orthostatic hypotension, gastrointestinal upset, genitourinary disturbances or changes in sweating.	
Hearing Loss	
	Annually (start at diagnosis).
Behavioral Health	
Disordered Eating	
	Children with type 1 diabetes (start at age 10 to 12 years).
	Adults presenting with unexplained hyperglycemia and weight loss.
Psychosocial, Family Stressors and Diabetes-Related Distress	
	Adults and children starting at age 7 to 8 years:
	<ul style="list-style-type: none"> • Every routine visit (start at initial visit). • At the onset of new diabetes-related co-conditions, and if major changes in treatment or life circumstances have occurred.
Depression	
	Annually (start at initial visit).
	At the onset of new diabetes-related co-conditions, and if major changes in treatment or life circumstances have occurred.
Anxiety	
	In the presence of anxiety, excessive worry about diabetes, fear of hypoglycemia that negatively affects self-management, social withdrawal or excessive repetitive behaviors.
Cognitive Impairment	
	Older adults (age > 65 years):
	<ul style="list-style-type: none"> • Annually (start at initial visit).

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Autoimmune Diseases
Thyroid Disease
Adults and children with type 1 diabetes: <ul style="list-style-type: none"> • Every 1 to 2 years (start soon after diagnosis).
Celiac Disease
Children with type 1 diabetes: <ul style="list-style-type: none"> • Initially soon after diagnosis. • Repeat within 2 years of diagnosis. • Repeat after 5 years of diagnosis and more frequently if symptoms are present or the child has a first-degree relative with celiac disease.
Adults with type 1 diabetes experiencing gastrointestinal symptoms and or signs suggestive of celiac disease.
Miscellaneous
Periodontal Disease
Annually (start at diagnosis). When oral health concerns arise.
Nonalcoholic Fatty Liver Disease
Children and adolescents with type 2 diabetes: <ul style="list-style-type: none"> • Annually (start at diagnosis).
Adults with type 2 diabetes or prediabetes and elevated liver enzymes or fatty liver.
Obstructive Sleep Apnea
Adults with type 2 diabetes: <ul style="list-style-type: none"> • Annually screen for symptoms (start at diagnosis).
Low Testosterone in Men
In the presence of decreased libido or sexual activity or erectile dysfunction.