Blue Ridge Family Physicians, PLLC

2605 Blue Ridge Road, Suite 300 Raleigh, NC 27607 PHONE 919-787-3448 FAX 919-232-0006 www.blueridgefamilyphysicians.com

| Nar | ne | | Phone | | | | | | Date | | | Chart | |
|---|-----------------|---------------------|---|-----------------|----------------|------------------|-----------------|---|---------------------------|-------|--------|---------|----------|
| | | Gluo | cose Readings | | | | | | Diabetes Medication Doses | | | | Comments |
| Date | During Night | Before Breakfast | After Breakfast | Before Lunch | After Lunch | Before Supper | After Supper | Bedtime | Breakfast | Lunch | Dinner | Bedtime | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| Goals for blood pressure: Before Meals: 1 hour after meal: Bedtime: During night: | | | Insulin to Carbohydrate Breakfast: Lunch: Supper: Snacks: | | | | | e ratio: Supplemental insulin for high blood pressure: (<u>Blood glucose – X</u>) = # units rapid insulin Y X=Blood Glucose goal (see left) Y=Sensitivity factor: | | | | | |

Please circle the appropriate provider below. Kirsten H. Avery, MD Douglas I. Hammer, MD Rebecca R. Steffens, MD Jeffrey A. Huang, MD Stacey Bauer, PA-C Karen Booth, PA-C Elizabeth Helfrich, PA-C Kathryn Newman, PA-C Katie Sherron, PA-C