*Highlights of I.H.S. Standards of Care for People with Diabetes*

**When First Diagnosed**
A person should have…
- A physical exam that includes height, weight, lab tests and an ECG
- Pneumovax vaccine
- TB skin test (or chest x-ray)

**I.H.S. Standards of Care**

**Once a Year**
A person should have…
- Dilated eye exam
- Dental exam
- Urine and blood tests to check lipids and kidney function
- Complete foot exam to check nerves and pulses
- Flu shot in October or November
I.H.S. Standards of Care

**At Each Visit**

A person should have…

- Blood pressure check
- Blood sugar test (A1c every 3-4 months)
- Foot exam to look for any sores or skin problems on toes or feet

Helpful Website Links

- [http://www.ihs.gov/medicalPrograms/diabetes/NDPreferences.asp](http://www.ihs.gov/medicalPrograms/diabetes/NDPreferences.asp)
Engaging Native Elders and CHRs: 
*Talking Circles in Community-based Diabetes Education*

Reference List

References


References (continued)


