|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | **EBM waarde** | **Huidige situatie****Datum: …../.…./……..** | **Resultaat na 3 mdn****Datum: …../…../……..** | **Resultaat na 6 mdn****Datum:…../…../……..** | **Resultaat na 9 mdn** **Datum:…../…../……..** | **Resultaat na 12mdn****Datum:…../…../..** |
| **3-MAANDELIJKS** | **Ziekte-inzicht**  |  |  |  |  |  |  |
| **Gezonde voeding** |  |  |  |  |  |  |
| **Regelmatig bewegen** | 5 X 30 min/week |  |   |  |  |  |
| **Tabakgebruik** | Wenst te stoppen Ja Neen |  Roker  Niet-roker | Rookt hij/zij nog?  Ja Neen  | Rookt hij/zij nog? Ja Neen  | Rookt hij/zij nog?  Ja Neen  | Rookt hij/zij nog? Ja Neen |
| **Gewicht & BMI** | 5% tot 10% ↓ lichaamsgewicht indien BMI>25 | ............ kgBMI:………. | ............ kgBMI:………. | ............ kgBMI:………. | ............ kgBMI:………. | ............ kgBMI:………. |
| **Buikomtrek** | Man < 94 cmVrouw < 80 cm | …………………. cm | …………………. cm | …………………. cm | …………………. cm | …………………. cm |
| **Bloeddruk** |  < 130/80 mm HG | …………………… mm Hg | …………………… mm Hg | …………………… mm Hg | …………………… mm Hg | …………………… mm Hg |
| **Glycemie** | 80-110 mg/dl | …………………… mg/dl | …………………… mg/dl | …………………… mg/dl | …………………… mg/dl | …………………… mg/dl |
| **HbA1c**  | <7 %<53 mmol/mol | …………………. %…………………. mmol/mol | ………..…………. %…………………. mmol/mol | ………..…………. %…………………. mmol/mol | ………..…………. %…………………. mmol/mol | ………..…………. %…………………. mmol/mol |
| **JAARLIJKS** | **Ondervraging** | Hartlijden, zenuwpijnen, … |  |  |  |  |  |
| **Urine µ-albuminurie**  | NEEN |  Ja Neen |  Ja Neen |  Ja Neen |  Ja Neen |  Ja Neen |
| **Risicograad voet**  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 0 | 1 | 2a | 2b | 3 |
| R |  |  |  |  |  |
| L |  |  |  |  |  |

 |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 0 | 1 | 2a | 2b | 3 |
| R |  |  |  |  |  |
| L |  |  |  |  |  |

 |
| **Tot cholesterol****LDL-Cholesterol****Triglyceriden** | < 180 mg/dl< 100 mg/dl(< 70 mg/dl indien hart- en vaatlijden)< 150 mg/dl | …………………… mg/dl…………………… mg/dl…………………… mg/dl…………………… mg/dl | …………………… mg/dl…………………… mg/dl…………………… mg/dl…………………… mg/dl | …………………… mg/dl…………………… mg/dl…………………… mg/dl…………………… mg/dl | …………………… mg/dl…………………… mg/dl…………………… mg/dl…………………… mg/dl | …………………… mg/dl…………………… mg/dl…………………… mg/dl…………………… mg/dl |
| **Inentingen** | Griep: 1x/jaarPneumokokken: 1x/5 tot 7 jaarTetanus: 1x/10 jaar  | Datum: ……./……../…….Datum: ……./……../…….Datum: ……./……../……. |  |  |  |  |
| **Diabetoloog** | 1x/jaar | Datum: ……./……../……. |  |  |  |  |
| **Oogarts** | 1x/jaar | Datum: ……./……../……. |  |  |  |  |