



**Queensland
Government**

**Diabetes in Pregnancy:
Dietitian**

(Affix identification label here)

URN:

Family name:

Given name(s):

Address:

Date of birth:

Sex: M F I

Facility:

Date:/...../..... /40 G: P: GDM T1DM T2DM

Attended Group: Yes, Date:/...../..... No Initial Review, Last seen:/...../.....

Anthropometry

Current weight: kg Pre-pregnancy weight: kg Height: cm

Gestational weight gain: kg Below target Within target Above target

BMI Pre-pregnancy: BMI <18.5 BMI 18.5 – 24.9 BMI 25 – 29.9 BMI >30

Target weight gain: 12.5 – 18kg 11.5 – 16kg 7 – 11.5kg 5 – 9kg

Self BGL monitoring:

Date	Pre Breakfast (Fasting)	Post Breakfast <input type="checkbox"/> 1hr <input type="checkbox"/> 2hr	Post Lunch <input type="checkbox"/> 1hr <input type="checkbox"/> 2hr	Post Dinner <input type="checkbox"/> 1hr <input type="checkbox"/> 2hr	Hypoglycaemia
.....	<input type="checkbox"/> N/A <input type="checkbox"/> No
.....	<input type="checkbox"/> Yes, frequency
.....
.....
.....
.....
.....
.....
Average

Diabetes medications:

Nil Metformin

Insulin (intermediate or long acting): Mane: Nocte:

Insulin (rapid acting): Breakfast: Lunch: Dinner:

Hypoglycaemia management: Check < 4mmol High GI Food Re-check >4mmol Low GI Food

Clinical (including other medications, biochemistry)

SGA Within normal limits LGA EFW:% AC:%/40

Nausea Vomiting Poor appetite Constipation Heartburn

Supplements: Folate Pregnancy Multivitamin Iodine Vitamin D Iron Other:

Medical history: Previous GDM Coeliac Disease Other:

Other medications:

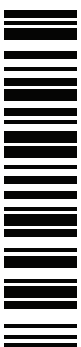
Social:

Physical activity:

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Diet history:

Carbohydrate

Breakfast:

Morning tea:

Lunch:

Afternoon tea:

Dinner:

Supper: Overnight:

Discretionary:

Drinks: Juice Soft drink / cordial Water Other:

Takeaways/eating out:

Glycaemic Index:

Grains (cereal):

Meat and alternatives:

Vegetable:

Fruit:

Dairy:

Nutrition diagnosis:

Nil Excessive Inadequate Inconsistent Inappropriate type of

Oral intake Energy intake Carbohydrate intake Other:

Related to:

As evidenced by:

Resources provided:

Australian Guide to Healthy Eating in Pregnancy and Breastfeeding

Healthy Eating During Pregnancy

Healthy Eating for GDM

Postnatal Healthy Lifestyle Programs

Other:

Education provided:

Carbohydrate Foods

Serve Sizes

Glycaemic Index (GI)

Healthy Weight Gain in Pregnancy

Physical Activity

Food safety

Healthy Eating in Pregnancy

High Energy High Protein Diet

Hypoglycaemia

Postnatal GDM Recommendations

Plate Portioning

Other:

Client's goals/actions

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Review: Nil review required

Name:

Signature:

Designation: Dietitian

Contact:

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