

Adult Diabetes Care

Footnotes for Guideline Chart

1. Annual review of CVD risk factors.(S75)
2. Foot examination should include inspection, assessment of foot pulses, and testing for loss of protective sensation (LOPS) (10-g monofilament plus vibration testing, e.g. tuning fork). (S95-96)
3. Type 1: Within 5 yrs after onset, then annually. Type 2: Refer at time of diagnosis, then annually. ADA recommends ophthalmologist or optometrist. Fundus photography may serve as a screening tool for retinopathy, but is not a substitute for a comprehensive eye exam. (S91-93)
4. At least 2x a year in pts. who are meeting treatment goals. Quarterly in pts. whose therapy has changed or who are not meeting glycemic goals. (S49) See Summary of Glycemic Recommendations Table 6.2. (S52)
5. In addition to lifestyle therapy: 1) all ages with diabetes and /ASCVD should use high intensity statin therapy, 2) 40 – 75 yrs of age with diabetes, should use moderate intensity statin therapy, 3) >75 yrs of age with diabetes, statin therapy should be individualized based on risk profile. (S79-80)
6. Type 1: Annual with DM duration \geq 5 years; Type 2: Annual, starting at diagnosis. (S88-89)
7. When the eGFR is less than <60 ml/min per 1.73 m², screening for complications of chronic kidney disease is indicated. Consider referral to a physician experienced in the care of kidney disease when there is uncertainty about the etiology of kidney disease. (S89-90)
8. Administer pneumococcal and hepatitis B vaccinations to adults with diabetes as per Centers for Disease Control and Prevention (CDC) recommendations. (S26)
9. To locate a Certified Diabetes Educator (www.diabeteseducator.org) or Registered Dietitian (www.eatright.org).
10. Advise physical activity at least 150 min/week of moderate-intensity aerobic activity including resistance training 3x's week. All individuals, including those with diabetes, should be encouraged to reduce the amount of time they spend being sedentary, particularly by breaking up extended amount of time (> 90 min.) sitting. (S37-38)
11. Recommend postprandial testing (goal <180 mg/dl) when A1C levels are not optimal but pre-meal targets are being met. (S52)

References

American Diabetes Association. Standards of Medical Care in Diabetes - 2017. Diabetes Care. 2017 Jan; vol. 40 Supplement 1 S1-S135. Available from: http://professional.diabetes.org/sites/professional.diabetes.org/files/media/dc_40_s1_final.pdf

Centers for Disease Control and Prevention: Diabetes and Hepatitis B Vaccination
https://www.cdc.gov/diabetes/pubs/pdf/hepb_vaccination.pdf

Centers for Medicare & Medicaid Services (CMS) Meaningful Use Quality Measure. Available from: <http://www.cms.gov/Regulations-and-Guidance/Legislation/EHRIncentivePrograms/index.html?redirect=/EHRIncentivePrograms/>

Centers for Medicare & Medicaid Services (CMS) Physician Quality Reporting System (PQRS). Available from: <http://www.cms.gov/Medicare/Quality-Initiatives-Patient-Assessment-Instruments/PQRS/index.html?redirect=/pqrs>

Diabetes.org [Internet]. Alexandria. American Diabetes Association; c 1995-2013. Available from: <http://www.diabetes.org/living-with-diabetes/treatment-and-care/high-risk-populations/treatment-african-americans.html>; <http://www.diabetes.org/in-my-community/awareness-programs/latino-programs/?loc=lwd-slabnav>; <http://www.diabetes.org/in-my-community/awareness-programs/older-adults/?loc=imc-slabnav>; <http://www.diabetes.org/living-with-diabetes/treatment-and-care/women/women-and-diabetes-frequently-asked-questions-faqwomen-and-diabetes.html>

Ian Brissette I, Mills T, Ruberto R, Spence, M. Adult Diabetes Prevalence in New York State. New York State Department of Health. 2011 Oct. Available from: http://www.health.ny.gov/diseases/conditions/diabetes/docs/adult_diabetes_prevalence.pdf

James P, Oparil S, Carter B, Cushman W, Dennison-Himmelfarb C, Handler J, et al. 2014 Evidence-Based Guideline for the Management of High Blood Pressure in Adults Report From the Panel Members Appointed to the Eighth Joint National Committee (JNC 8). JAMA. 2014;311(5):507-520. Available from: <http://jama.amanetwork.com/article.aspx?articleid=1791497>