

DIABETES CLINICAL PRACTICE GUIDELINES

The following guidelines are applicable for patients age 18 and older who have a diagnosis of diabetes. For these patients, their medical record will contain documentation of the following:

1. Glycosylated Hemoglobin A1C (HbA1C) will be measured at least 2 times per year. The goal is a value of < 7 percent.
2. A fasting lipid profile, including total cholesterol, LDL, HDL and triglycerides, will be measured on an annual basis. Elevated lipids to be treated.
 - LDL goal is a value of < 100mg/dl, ideal <70 mg/dl
 - HDL goal is a value for men >40 and women > 50
 - Triglycerides goal is < 150
3. Blood pressure (BP) will be measured. The goal is a BP of <130/80. Elevated BP to be treated. (An ACE inhibitor or ARB will be used as first line therapy if not contraindicated.)
4. Evaluation for diabetic nephropathy
 - a. If patient has diabetic nephropathy, the patient will be treated with an ACE inhibitor or ARB
 - b. Patients without diabetic nephropathy will have an annual urinalysis performed to test for Microalbumin
5. Assessment of excess weight:
 - a. BMI between 18.5 and 24.9
 - b. Waist circumference for men less than 40 inches, women less than 35 inches
6. Evaluation for Renal Disease:
 - a. Measure serum creatinine at least annually to estimate glomerular filtration rate (GFR) regardless of degree of urine albumin excretion
 - b. Use of ACE inhibitors and ARB to slow progression of kidney disease and to be used for treatment of microalbuminuria
7. An annual foot exam
8. An annual dilated eye exam from an eye care professional
9. Dental exams twice a year

(continued)

DIABETES CLINICAL PRACTICE GUIDELINES (continued)

10. Pneumococcal vaccine being provided in adults based on the following criteria:
 - a. Age 65 years or older with no or unknown history of prior receipt of PPSV
 - b. Age 19-64 years of age with no or unknown history of receipt of PPSV and any of the following conditions:
 1. Cigarette smoker
 2. Diabetes
 - c. Adults in need of a second (and final) dose of PPSV if five or more years have elapsed since the previous dose of PPSV and the PPSV was given before 65 years of age and are at high risk for pneumococcal infection.
11. Influenza vaccine having been provided on an annual basis
12. Advise to take aspirin or another antiplatelet agent
13. Patient will have initial diabetic education and nutritional counseling, which will be repeated as indicated
14. Smoking cessation measures if indicated
15. Weight control measures and regular exercise as indicated

Sources: American Diabetes Association: Standards of Medical Care in Diabetes-2010 Vol. 33 (Suppl. 1) Joslin Diabetes Center and Joslin Clinic-Clinical Guideline for Adults With Diabetes

Reviewed by Valley Preferred Health Services Physician Advisory Committee
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