

# DIABETES CONTROL MATTERS

## STANDARDS OF CARE FOR ADULTS WITH DIABETES – *Patient's Edition*

Diabetes is a chronic illness that requires continuing medical care and education to prevent acute complications and to reduce the risk of long-term complications. People with diabetes should receive their treatment and care from a physician-coordinated team. The team includes, but is not limited to, physicians, nurses, dietitians, and mental health professionals with expertise and a special interest in diabetes.

These standards seek to provide physicians and other health care professionals who treat people with diabetes with a means to:

- Set treatment goals
- Assess the quality of diabetes treatment provided
- Identify areas where more attention or self-management training is needed
- Define timely and necessary referral patterns to appropriate specialists

The ADA Standards of Care have become widely endorsed by many organizations. Those indicated are, or will be, HEDIS standards of care mandated in the year 2000 (✓).



AMERICAN DIABETES ASSOCIATION GUIDELINES FOR GLYCEMIC CONTROL		
	Normal	Goal
Before meals	<110 mg/dl	80-120 mg/dl
2 hours after meals	<140 mg/dl	<180 mg/dl
Bedtime	<120 mg/dl	100-140 mg/dl
Hemoglobin A1c	<6%	<7%

References: American Diabetes Association & Centers for Disease Control

Tests and Exams	How Often?
✓Hemoglobin A1c (measures average blood sugar for past 3 months)	<ul style="list-style-type: none"> <li>• 4 times a year if using insulin</li> <li>• 2 times a year if not using insulin, control established</li> </ul>
Foot Inspection by Doctor or Nurse	Every Visit
Annual Foot Examination By Doctor or Nurse (Carville)	1 time a year
Blood Pressure	Every Visit
✓Dilated Eye Exam	1 time a year
✓Lipid Profile (Cholesterol, HDL, LDL, Triglycerides)	1 time a year
✓Kidney Function (Serum Creatinine – Urine Microalbumin)	1 time a year
Flu Shot – Vaccine	1 time a year
Pneumonia Shot – Vaccine	Initial
Talk to Your Doctor About	
Aspirin Therapy	If over 40 years old
Smoking Cessation	Every Visit
Pre-pregnancy – Family Planning	As Needed
Diabetes Education	Initially, with change, X HbA <sub>1c</sub>
Healthcare Goals	Every Visit

  
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