



Idaho Adult Type 2 Diabetes Clinical Practice Guidelines 2016

FREQUENCY	PROCEDURE/TEST	ACTION OR GOAL
Every Visit	Interval history	Review glucose testing log, hypoglycemic episodes
	Tobacco use	Assess and counsel patient, refer patient to Idaho QuitNow as needed*
	Blood pressure	< 140/90 mmHg Individualize goals as necessary
	Weight and BMI	Obtain weight and BMI** Document follow-up plan for BMI>normal
	Foot exam	Inspect skin for signs of pressure areas and breakdown, insensate feet, foot deformities, or history of foot ulcers.
	Medication review and adjustment	Glucose lowering medications
		Antihypertensives if HTN present***
		Lipid management medications
		Antiplatelet therapy****
		Immunizations as indicated
	Weight loss medications as adjunct to behavioral lifestyle interventions for BMI $\geq 27\text{kg/m}^2$	
Quarterly to Semi-Annually	A1C	Test 4 times/year; 2 times/year if in good control General goal: < 7% Individual patient goal: as close to normal as possible while avoiding hypoglycemia
	Assessment of patient knowledge of diabetes, nutrition and self-management skills	Based on assessment, provide or refer for education in self-management and nutrition as needed
	Assess patient knowledge of disease process, self-monitoring and self-management skills to develop a patient centric care plan	Based on assessment findings, refine the care plan to include comprehensive care management goals the patient and provider have mutually agreed upon
Annually	Comprehensive foot risk assessment	Inspect, check pulses, conduct 10-gram monofilament test and vibration using 128 - HZ tuning fork, or pinprick sensation or ankle reflexes, or vibration perception threshold
	Diabetic kidney disease screening	For patients without known diabetic kidney disease, screen for urinary albumin excretion. Normal < 30 mcg of albumin per mg creatinine
		Measure serum creatinine to estimate GFR If nephropathy present, treat and monitor
	Measure lipid profile on initial diagnosis; periodically thereafter	Individualize goals as necessary based on risk
	Retinal eye exam - every 2 years if no retinopathy is present	Dilated retinal exam by eye care professional
	Dental exam	Counsel on importance of regular dental exams

This guideline is in agreement with the American Diabetes Association (ADA). This guideline should not be construed as representing standards of care nor as a substitute for individualized evaluation and treatment based on clinical circumstances. For more information, including full documentation for the above clinical recommendations, consult the ADA website at <http://professional.diabetes.org/content/clinical-practice-recommendations> or contact the ADA at 1.800.DIABETES.

* Idaho QuitNow: Phone: 1.800.QuitNow; Website: www.quitnow.net/Idaho

** Adult BMI Calculator: <http://1.usa.gov/WrCJ5E>

*** Detailed recommendations available at:

<http://jama.jamanetwork.com/article.aspx?articleid=1791497>

**** Detailed recommendations available at: care.diabetesjournals.org

View
Supporting
Organizations
on back

For more patient information go to www.diabetes.idaho.gov

Supporting Organizations

Black Canyon Family Medicine

Blue Cross of Idaho

Cassia Regional Medical Center

Clearwater Valley Hospital & Clinics

Clinica Santa Maria

Community Action Partnership

**Diabetes & Internal Medicine
Associates**

**Diabetes Resource Center:
West Valley Medical Center**

Eye Care Specialists

Family Health Services

Garden City Community Clinic

Glenns Ferry Health Center, Inc.

Gritman Medical Center

Heritage Health

Idaho Academy of Family Physicians

**Idaho Academy of Nutrition &
Dietetics**

**Idaho Diabetes Prevention
& Control Program**

Idaho Medicaid

Idaho Primary Care Association

Idaho Public Health Districts

Madison Memorial Hospital

Minidoka Memorial Hospital

North Idaho Health Network

Oneida County Hospital

PacificSource Health Plans

Primary Health Medical Group

Qualis Health

Regence Blue Shield of Idaho

**Rocky Mountain Diabetes
& Osteoporosis Center**

**Saint Alphonsus Diabetes Care
& Education Program**

SAMG - Internal Medicine

Shoshone Bannock Tribes

Snake River Community Clinic

Southern Idaho Diabetes Education

St. Joseph Diabetes Center

St. Luke's Health System

**St. Luke's Humphreys Diabetes
Center**

Terry Reilly

The Friendship Clinic

**Treasure Valley Endocrinology, P.C.
Dr. Foote**

Treasure Valley Family YMCA

**Tri-State Memorial Hospital
& Medical Campus**

University of Idaho