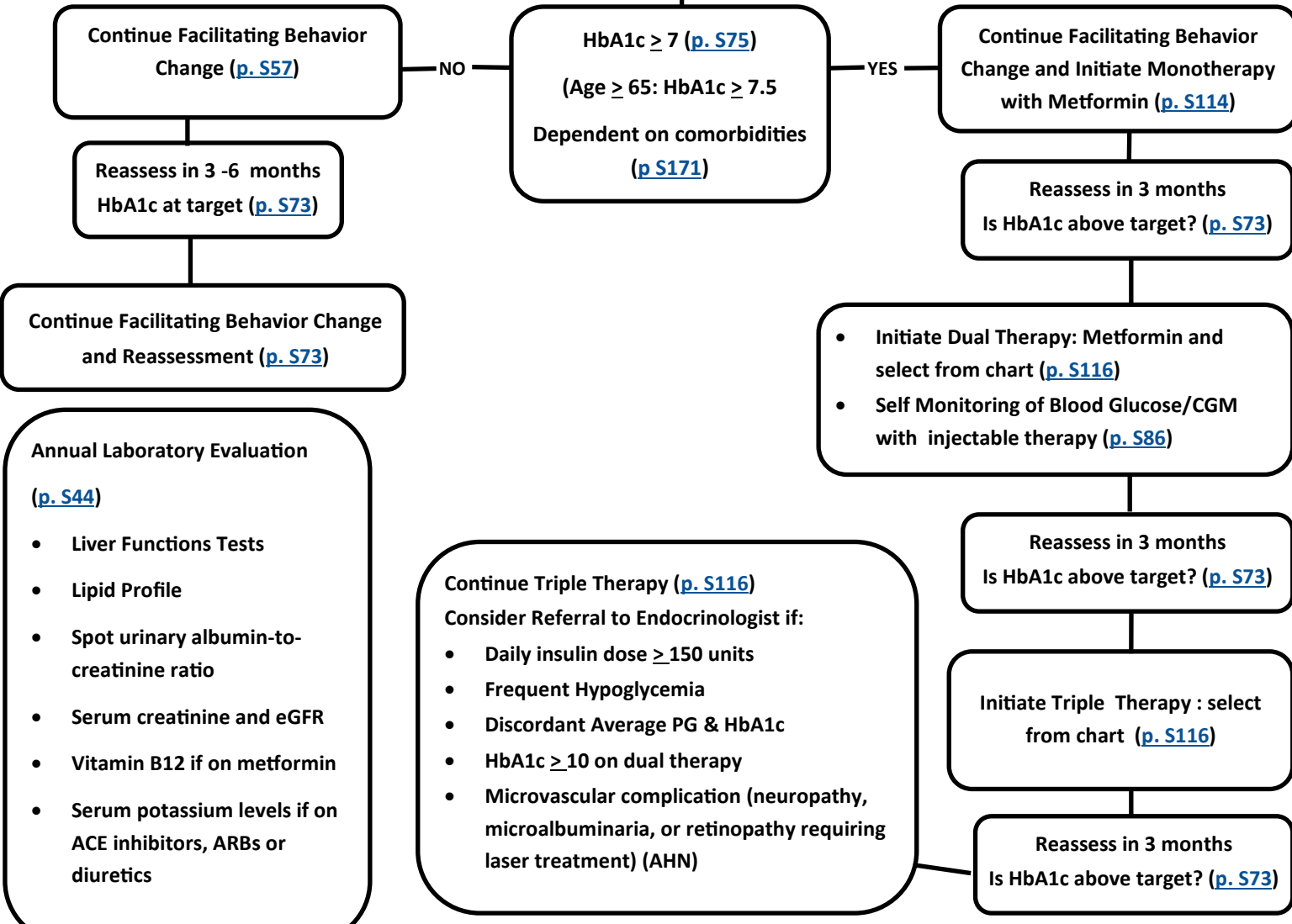


# DIABETES MELLITUS II GUIDELINE (05.03.2021)

**Diagnosis of Diabetes Mellitus II**

- FPG  $\geq$  126 or
- 2 h PG  $\geq$  200 during OGTT or
- HbA1c  $\geq$  6.5 or
- S/S of Hyperglycemia with random PG  $\geq$  200 (p. S17)

Initiate Facilitating Behavior Change and Referral to a Diabetic Educator or Registered Dietician (p. S57)



**Annual Laboratory Evaluation (p. S44)**

- Liver Functions Tests
- Lipid Profile
- Spot urinary albumin-to-creatinine ratio
- Serum creatinine and eGFR
- Vitamin B12 if on metformin
- Serum potassium levels if on ACE inhibitors, ARBs or diuretics

**Continue Triple Therapy (p. S116)**  
Consider Referral to Endocrinologist if:

- Daily insulin dose  $\geq$  150 units
- Frequent Hypoglycemia
- Discordant Average PG & HbA1c
- HbA1c  $\geq$  10 on dual therapy
- Microvascular complication (neuropathy, microalbuminuria, or retinopathy requiring laser treatment) (AHN)

**Annual Quality Measures with Targets:**  
HbA1c Target:  $<$  7 (dependent on age and comorbidities) (p. S75)

- HbA1c Testing: 91.47% (p. S75)
- HbA1c  $>$  9% :  $\leq$  30% (p. S75)  
*inverse measure so lower number is better*
- Statin Therapy: 85% (p. S132)  
*Use Statin Therapy based on ASCVD Risk Score/LDL*  
ASCVD Risk 0 - 1 with LDL  $\geq$  100  
ASCVD Risk  $\geq$  2 or end organ damage with LDL  $\geq$  70
- Eye Exam: 37.5% (p. S157)
- Medical Attention for Nephropathy :  $>$  80% (p. S152)  
*Alternatives available for this measure*
- Diabetes Medication Adherence -  $\geq$  80% (p. S114)
- Statin Use in Persons with DM -  $\geq$  81% (p. S132)

**Cardiovascular Disease Risk Estimator (p. S126):**  
<http://tools.acc.org/ASCVD-Risk-Estimator-Plus>

**Additional Resources:**  
"UP TO DATE" link in EPIC  
App: "CALCULATE" by QxMD  
App: "MDCalc"

**Reference: American Diabetes Association Standards of Medical Care in Diabetes—2021 Diabetes Care 2021; 44 (Suppl.1) : S1-S244**

**Disclaimer: This guideline is not intended to dictate or substitute for the professional judgment of a healthcare practitioner in a particular case. (AHN) The ADA's Standards of Care recommendations are not intended to preclude clinical judgment and must be applied in the context of excellent clinical care, with adjustments for individual preferences, comorbidities, and other patient factors. (p. S1)**

**Facilitating Behavior Change:**

- Healthy Diet—i.e., Mediterranean, DASH, or Diabetes Plate method with goal  $\geq$  5% weight loss if overweight/obese (p. S57)
- Limit alcohol consumption (see limits below) (p. S59)
- Reduce sodium intake - optimal goal of  $<$ 2300 mg/day (p. S59)
- Moderate-to-vigorous activity of 150 min/wk spread over at least 3 days/week with 2-3 sessions of resistance training (p. S60)
- Smoking cessation, including e-cigarettes (p. S62)

**Daily Alcohol Limits (p. S59):**

- Men - 2 drinks
- Women - 1 drink

(One drink = 12oz. Beer, 5 oz. wine, 1.5 oz. of distilled spirits)

**Additional Recommendation**  
Annual Foot Exam including: (p. S161)

- Visual inspection
- Assessment of foot deformities
- Vascular assessment (pedal pulses)
- Neurological assessment (vibration, pinprick sensation, or temperature) and 10-g monofilament exam
- Referral to podiatrist as needed

**ABBREVIATIONS/DEFINITIONS**

<b>ACE Inhibitors</b>	<b>Angiotensin-Converting Enzyme Inhibitors</b>
<b>ADA</b>	<b>American Diabetes Association</b>
<b>AHN</b>	<b>Arkansas Health Network</b>
<b>ARBs</b>	<b>Angiotensin II Receptor Blockers</b>
<b>ASCVD</b>	<b>Atherosclerotic Cardiovascular Disease</b>
<b>CGM</b>	<b>Continuous Glucose Monitoring</b>
<b>DASH</b>	<b>Dietary Approaches to Stop Hypertension</b>
<b>Diabetes Plate method</b>	<b>Use small plate and limit carbs to 1/4 of plate, 1/4 protein and 1/2 vegetables</b>
<b>eGFR</b>	<b>Estimated Glomerular Filtration Rate</b>
<b>FPG</b>	<b>Fasting Plasma Glucose</b>
<b>HbA1c</b>	<b>Glycated Hemoglobin</b>
<b>Mediterranean Diet</b>	<b>Diet rich in vegetables, fruits, beans, eggs, whole grains, healthy fats, fish, and poultry with a limited intake of red meat</b>
<b>OGTT</b>	<b>Oral Glucose Tolerance Test</b>
<b>PG</b>	<b>Plasma Glucose</b>