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NEW MEXICO DIABETES PRACTICE GUIDELINE 2003

This guideline has been developed by *New Mexico Health Care Takes on Diabetes*, a broad coalition of New Mexico's diabetes care professionals, New Mexico Health Plans, the New Mexico Department of Health and the New Mexico Medical Review Association with technical and administrative support from the American Association of Health Plans and the American Diabetes Association.

This guideline is not meant to be comprehensive. It is designed to quickly summarize elements that, at a minimum, should be considered in the care plan of most persons with diabetes.

The organizations listed to the left support this guideline for use by the New Mexico health care community.

| Frequency | Procedure/Test | Action or Goal |
|-----------------------------------|---|--|
| Every Visit | Interval history | Review glucose testing log, hypoglycemic episodes, current medications |
| | Blood pressure | < 130/80 mmHg |
| | Weight | Obtain weight or BMI |
| | Foot exam | Inspect skin for signs of pressure areas and breakdown |
| Quarterly to Semi-Annually | A1C | Test 2-4 times per year, goal < 7% |
| At Least Once Each Year | Assess patient knowledge of diabetes, nutrition, and self-management skills | Ensure patient needs are being met by providing or referring for self-management and/or nutrition counseling |
| Annually | Foot Risk assessment | Check pulses, conduct monofilament exam |
| | Nephropathy screening | If not already diagnosed with nephropathy, screen for microalbuminuria. Normal < 30 mcg/mg creatinine |
| | Lipid profile | LDL < 100 mg/dl HDL > 40 mg/dl ^{1,2} Triglycerides < 150 mg/dl |
| | Retinal eye exam | Dilated retinal exam by ophthalmologist or qualified optometrist |

¹ Revised based on *The American Diabetes Association's Clinical Practice Recommendation of January 2003*

² For women, the American Diabetes Association suggests that the HDL goal be increased by 10 mg/dl

Additional resources are available through the Taking on Diabetes website, www.TakingOnDiabetes.org/communitypartnership.

This guideline is based on the recommendations of the American Diabetes Association (ADA). For more information, including full documentation for the above clinical recommendations, consult the ADA website at www.diabetes.org/cpr or contact the ADA at 1-800-DIABETES.

This guideline should not be construed as representing standards of care nor a substitute for individualized evaluation and treatment based on clinical circumstances.

American Association of Health Plans
American Diabetes Association
American Diabetes Association—
New Mexico Area
American Heart Association—
New Mexico Area
Albuquerque Area Indian Health Service
Blue Cross and Blue Shield of New Mexico
and HMO New Mexico
Cimarron Health Plan
Lovelace Health Systems
Medical Assistance Division,
New Mexico Human Services Department
MedicarePlus
New Mexico Chapter of
American Academy of Family Physicians
New Mexico Chapter Council,
American College of Physicians—
American Society of Internal Medicine
New Mexico Department of Health
New Mexico Diabetes Advisory Council
New Mexico Health Care Alliance
New Mexico Hospitals and
Health Systems Association
New Mexico Medical Review Association
New Mexico Medical Society
New Mexico Optometric Association
New Mexico Primary Care Association
Presbyterian Health Plan
St. Joseph Senior Care—PACE
The University of New Mexico
Health Sciences Center
Zia New Mexico Association
of Diabetes Educators