



# Virginia Diabetes Clinical Practice Guidelines 2010



| Frequency          | Procedure/Test   | Action or Goal  |
|--------------------|--|---|
| Every Visit        | <b>Physical Assessment</b> <ul style="list-style-type: none"> <li>Blood pressure</li> <li>Weight and Body Fat</li> <li>Foot Exam</li> </ul>  | <ul style="list-style-type: none"> <li>130/80 mmHg</li> <li>Obtain height and weight, BMI (goal &lt; 27), Waist circumference (goal: &lt;40-Male; &lt; 35-Female)</li> <li>Sensation, foot structure/biomechanics, vascular, and skin integrity</li> <li>Refer to podiatrist as appropriate</li> </ul>  |
| Every Visit        | <b>Lab Measures</b> <ul style="list-style-type: none"> <li>Glucose Goals: Preprandial plasma glucose</li> <li>Peak Postprandial glucose</li> </ul>   | <ul style="list-style-type: none"> <li>70-130 mg/dl</li> <li>&lt; 180 mg/dl</li> </ul>  |
| Every Visit        | <b>Medication Review and Adjustment</b>  | <ul style="list-style-type: none"> <li>Glucose lowering medications</li> <li>Antihypertensives</li> <li>ACEI/ARB for renal indications</li> <li>Lipid controlling medications</li> <li>Refer to pharmacist as appropriate</li> </ul>  |
| Every Visit        | <b>Psychosocial and Behavioral Assessment</b>  | <ul style="list-style-type: none"> <li>Assess for psychosocial issues such as depression, stress, anxiety, smoking and financial concerns</li> <li>Refer to psychologist or social worker as appropriate</li> </ul>   |
| Every Visit        | <b>Self-Care Assessment</b> <ul style="list-style-type: none"> <li>Blood glucose log book</li> <li>Diabetes self-care knowledge</li> <li>Medical Nutrition Therapy</li> <li>Physical Activity</li> <li>Tobacco Use</li> </ul>  | <ul style="list-style-type: none"> <li>Review patient's glucose log book, assess glucose patterns, and hypoglycemic episodes</li> <li>Assess patient knowledge, interest, and need for diabetes self-care including medical nutrition therapy and physical activity;</li> <li>Refer to diabetes educator, dietitian, and/or exercise physiologist, trainer, or therapist as appropriate</li> <li>Refer to 1-800-QUITNOW Virginia tobacco user quitline</li> </ul> |
| 2-4 Times Per Year | <b>Lab Measures</b> <ul style="list-style-type: none"> <li>Glucose Goals:               <ul style="list-style-type: none"> <li>&gt; A1C</li> </ul> </li> </ul> <b>Physical Assessment</b> <ul style="list-style-type: none"> <li>Dental exam</li> </ul>  | <ul style="list-style-type: none"> <li>&lt; 7% generally; &lt; 6% individualized patients</li> <li>Exams at least twice yearly</li> </ul>   |
| Annually           | <b>Prevention</b> <ul style="list-style-type: none"> <li>Aspirin therapy evaluation</li> <li>Flu Vaccine</li> <li>Pneumonia Vaccine</li> </ul>   |   |
| Annually           | <b>Lab Measures</b> <ul style="list-style-type: none"> <li>Lipid Goals:               <ul style="list-style-type: none"> <li>&gt; Total Cholesterol</li> <li>&gt; HDL-cholesterol</li> <li>&gt; LDL-cholesterol</li> <li>&gt; Triglycerides</li> </ul> </li> <li>Kidney Function Goals:               <ul style="list-style-type: none"> <li>&gt; Urine: spot check (micro) or 24-hour</li> <li>&gt; Serum creatinine</li> </ul> </li> </ul> <b>Physical Assessment</b> <ul style="list-style-type: none"> <li>Retinal eye exam</li> </ul> | <ul style="list-style-type: none"> <li>Goal &lt; 200 mg/dl</li> <li>Goal &gt;40 mg/dl – M and &gt;50 mg/dl – F</li> <li>Goal &lt; 100 mg/dl</li> <li>Goal &lt; 150 mg/dl</li> <li>&lt; 30 ug/mg /mg creatinine</li> <li>To estimate GFR (goal <math>\geq</math> 90 ml/min)</li> <li>Dilated retinal exam by ophthalmologist</li> </ul>  |