

# Clinical Practice Guidelines for the Management of Adults with Diabetes Mellitus

Source: American Diabetes Association, Diabetes Care, Clinical Practice Recommendations 2004, January 2004

## **Assessment:**

To be assessed at every visit:

- Blood Pressure (goal < 130/80mm/Hg)
- Weight
- Foot examination to screen for neuropathy and peripheral artery disease
- Depressed mood and/or anxiety
- Medication review
- Smoking and alcohol use
- Basic understanding of “self management” skills
- Observation for signs and symptoms of organ disease, acute complications and hypoglycemia

To be evaluated per schedule:

- |   |  |
|---|--|
| • Hemoglobin A 1 c (HbA1c): Goal < 6% if stable<br>If poorly controlled (HbA1c) 9%                                | At least twice per year<br>Four times per year |
| • Lipid panel goals:<br>LDL < 100mg/dL<br>HDL >40mg/dL (men)<br>HDL > 50mg/dL (women)<br>Triglycerides < 150mg/dL | Annually                                       |
| • Urinalysis for microalbuminuria   | Annually                                       |
| • Dilated eye examination by an optometrist<br>or ophthalmologist   | Annually                                       |
| • Influenza vaccination   | Annually                                       |
| • Pneumococcal vaccination  | As Recommended                                 |

## **Contributing Factors:**

To be assessed at the patient’s initial examination:

- Identification of cardiovascular risk factors: smoking hypertension, coronary heart disease and dyslipidemia
- Identification of modifiable risk factors: sedentary lifestyle, obesity, stress, smoking, hypertension
- Identification of fixed risks: family history, age and gender
- Identification of individual’s lifestyle management (nutrition and exercise)
- Identification of individual’s self management skills.

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<b>Alpha-Glucosidase Inhibitors</b>	<b>Precose®</b> , <b>Glyset®</b>
<b>Biguanides</b>	<i>Metformin®</i> , <i>Metformin ER</i> , <i>Fortamet ER®</i> (contraindicated with CHF)
<b>Combination Medications</b>	<b>Avandamet®</b> (caution with CHF)
<b>Insulin Response Modifiers</b>	<b>Actos</b> , <b>Starlix</b> , <b>Prandin</b>
<b>Insulin</b>	<b>Humalog</b> , <b>Humulin</b> , <b>Lantus</b> , <b>Novolin®</b> , <b>Novolin Pens®</b> , <b>Novolog®</b> (includes cartridges and mix formulations)
<b>Sulfonylureas</b>	<i>glipizide</i> , <i>glyburide</i> , <i>glimepiride</i> , and <i>glipizide XL</i>
<b>Thiazolidinediones</b>	<b>Actos®</b> , <b>Avandia®</b> (caution with CHF)
<b>Glucose Meters and Strips</b>	<b>Prestige</b> , <b>True Track</b> <b>Accucheek Advantage®/ Compact®/ Comfort Curve</b>