Wisconsin Diabetes Mellitus Essential Care Guidelines 2012

Assessing Risk and Prevention of Type 2 Diabetes

General Recommendations for Care

Self-Management Education

Medical Nutrition Therapy

Glycemic Control

Cardiovascular Care

Kidney Care

Eye Care

Neuropathies and Foot Care

Oral Care

Emotional and Sexual Health Care

Communicable Disease Prevention

Preconception, Pregnancy, and Postpartum Care

Quick References and Tools Included

DISCLAIMER

These *Guidelines* are designed to serve as a tool to support and influence health care provider decision making to promote consistent, comprehensive, and preventive diabetes care. With the goal of improving care statewide, the *Guidelines* include recommended screening tests, lab tests, exams, medical checks, and essential education.

The *Guidelines* are population-based and therefore intended to be appropriate for most people with diabetes, but not intended to define the optimal level of care for an individual. Clinical judgment should always indicate the need for adjustments appropriate to the needs of each particular person, with goals individualized for person's age, medical condition(s), complication(s), and any other risk identified by the primary care provider. These *Guidelines* are an evolving process and, as such, will be reviewed periodically to reflect advances in research and medical knowledge.

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Overview

Diabetes in Wisconsin

There are an estimated 475,090 adults (10.1% of population) and 4,500 children with diabetes in Wisconsin. Approximately 128,900 of those adults have diabetes that is undiagnosed. In addition, approximately 1,460,250 Wisconsin adults age 20 years and older have pre-diabetes. In the United States, approximately 25.8 million people have diabetes and 27% are unaware that they have the disease.

Diabetes can lead to devastating complications, such as blindness, end-stage renal disease, amputations, heart disease, and stroke. These complications are the cause of the major morbidity, mortality, and economic burden of diabetes. For additional information on the 2011 diabetes prevalence and the burden of related complications, go to the following website: http://www.dhs.wisconsin.gov/diabetes/factsandfigures.htm.

Wisconsin Diabetes Mellitus Essential Care Guidelines

The *Wisconsin Diabetes Mellitus Essential Care Guidelines* were published in 1998, revised in 2001, 2004, 2008, 2011 and 2012 by the Wisconsin Diabetes Prevention and Control Program, members of the Wisconsin Diabetes Advisory Group and other health care professionals with expertise in diabetes care and management. This document is divided into 13 sections, each providing pertinent information and references related to specific areas of essential diabetes care. Helpful tools and resources once included at the end of each section are now located in a new section titled "Tools." These various tools may assist providers and others with integrating diabetes care recommendations contained in the *Guidelines* into everyday practice.

These *Guidelines* provide a simple translation of diabetes care standards that align with the *American Diabetes Association (ADA) Clinical Practice Recommendations*. They can be used by primary care providers, other health care professionals, health systems (e.g., managed care organizations, other insurers, clinics purchasers, etc.) and a companion piece for consumers interested in learning about essential diabetes care.

The Appraisal of Guidelines for Research and Evaluation (AGREE) instrument is a tool used to assess the quality of clinical practice guidelines. Team members involved in the 2012 update applied this instrument to the 2011 Guidelines to provide a framework for the 2012 update. Several area of improvement to the Wisconsin Guidelines were identified.

Implementing the Wisconsin Diabetes Mellitus Essential Care Guidelines

Implementation and adoption of the *Wisconsin Diabetes Mellitus Essential Care Guidelines (Guidelines)* in a health system or organization is one way to improve care and enhance quality of life for people with diabetes. These evidence-based *Guidelines* set a standard of care that organizations can use to measure quality and monitor improvement. As continuous quality improvement is constantly evolving, the *Guidelines* offer a promising strategy to make dramatic improvements in population health outcomes.

Summary of Changes: Wisconsin Diabetes Mellitus Essential Care Guidelines 2012

Section	Updates/Additions/ Deletions	Section-page number
Acknowledgements	▪ **Updated:** Workgroup Members and Reviewers (pp. ix-x)	
Overview	▪ **Updated:** Diabetes in Wisconsin and Wisconsin Care Guidelines (p. 1)	
Quick References	▪ Updated: Guidelines at a glance (p. 8) Other Tests: Points to Consider (p. 11)	
Tools	▪ **Updated:** Meal Planning with the Plate Method (pp. 31-32) How to Use a Food Label to Select Foods (pp. 35-36) Type 2 Diabetes: Ambulatory Glycemic Control Pathway (p. 38) Intervention/ Treatment Pearls 2012 (p.39) Diabetes Mellitus Medications 2012 (pp. 40-42) Insulin Therapy 2012 (p. 43) Insulin Pearls (p. 44)	
Section 1. General Recommen-dations for Care	▪ **Updated:** Physical Activity text (pp. 1-3 to 1-4) Physical Activity for Adults text (p. 1-5) Bariatric Surgery text (p. 1-9) Sharps Disposal text (p. 1-12) Web-Based Repository text (p. 1-12) ▪ **Added:** Table 1-4: Sleep Assessment Tools (p. 1-11) ▪ **Deleted:** Management Practice Tools (p. 1-3)	
Section 2. Self-Management Education	▪ **Updated:** Referral to a Diabetes Education Program text (p. 2-4) Conversation Maps text (p. 2-8)	

Summary of Changes: Wisconsin Diabetes Mellitus Essential Care Guidelines 2012

Section	Updates/Additions/ Deletions	Section-page number
Section 3. Medical Nutrition Therapy	▪ **Updated:** Concern/Care/Frequency text (p. 3-1) Main Topics Included In This Section text (p. 3-1) Nutrition Care Process text (p. 3-2) Frequency of Visits (p. 3-3) Recommended Amount of Daily Carbohydrates text (p. 3-4) Dietary Fats and Cholesterol text (p. 3-5) Other Important Nutritional Factors text (p. 3-6) Dietary Fiber and Whole Grains text (p. 3-7) Nutritional Guidance for Non- Dietitian Health Professionals (p. 3-8) ▪ **Added:** Soluble Fiber text (p. 3-5) Vegetarian diet option (p. 3-6) Dietary Fiber and Whole Grains text (p. 3-7) Nutritional Guidance for Non-Dietitian Health Professionals: Meal Planning/ MyPlate text (p. 3-8)	
Section 4. Glycemic Control	▪ **Updated:** Table 4-2: Important Considerations in Individualizing Glycemic Goals (p. 4-3) A1C text (p. 4-6) Self- Monitoring of Blood Glucose text (p. 4-8) Table 4-5: Self-Monitoring of Blood Glucose Suggestions (p. 4-9) Continuous Glucose Monitor text and Table (pp. 4-6 to 4-10) Insulin Pump Therapy (p. 4-11) Acute Complications: Hypoglycemia text (p. 4-12) ▪ **Added:** Alternate Site Testing text (p. 4-9) Continuous Glucose Monitors text (p. 4-10) Insulin- U-500 (p. 4-11)	
Section 5. Cardiovascular Care	▪ **Updated:** Concern/Care/Frequency: Statin Adults (p. 5-1) Lifestyle Modifications text (p. 5-2) Standard Lipid Assessment and Monitoring in Adults text (p. 5-5) Treatment text (p. 5-6) Additional Risk Stratification text (p. 5-7) Lipid Screening and Treatment in Children and Adolescents text (p. 5-8) Blood Pressure Control text (p. 5-8) ▪ **Added:** Concern/Care/Frequency: limit total sodium (p. 5-1) Accurate Blood Pressure Measurement: Toolkit Resource (p. 5-9) ▪ **Deleted:** Lipid Screening and Treatment in Children and Adolescents text (p. 5-8)	
Section 6. Kidney Care	▪ **Updated:** Progression of diabetic kidney disease text (p. 6-2)	
Section 7. Eye Care	▪ **Updated:** Annual Dilated Eye Exam: pregnancy text (p. 7-2) Referral to an Ophthalmologist or Optometrist and Coordination of Care text (p. 7-3)	
Section 8. Neuropathies and Foot Care	▪ **Updated:** Assessing Vibration Perception with Tuning Fork text (p. 8-7)	

Summary of Changes: Wisconsin Diabetes Mellitus Essential Care Guidelines 2012

Section	Updates/Additions/ Deletions	Section-page number
Section 9. Oral Care	▪ **Updated:** Concern/Care/Frequency: Oral exam by general dentist or periodontal specialist (p. 9-1) Main Topics Included In This Section text (p. 9-1) Visual Oral Inspection and Oral Health Education by Primary Provider (p. 9-2) Oral Examination by Dentist text (p. 9-3) Identifying Undiagnosed Periodontal Disease in the Primary Care Setting: Strategies for medical professionals to consider text (p. 9-6)	
Section 10. Emotional and Sexual Health Care	▪ **Updated:** Treatment for Depression text (p. 10-8) Other Psychological Disorders: Stress text (p. 10-10)	
Section 11. Communicable Diseases Prevention	▪ **Updated:** Main topics Included In This Section: Hepatitis B Vaccine and Tuberculosis Entire text for all sections (pp. 11-2 to 11-5) ▪ **Added:** Section Title Change: Communicable Disease Prevention Concern/Care/Frequency: Provide Hepatitis B series and Screen for Tuberculosis Hepatitis B Vaccine text (p. 11-4) Tuberculosis text (p. 11-5) ▪ **Deleted:** Section Title: Influenza and Pneumococcal Immunization	
Section 12. Preconception, Pregnancy, and Postpartum Care	▪ **Updated:** Preconception, Intrapartum, Postpartum Care Recommendations: Self-Management/ Self-Monitoring Section and Postpartum Care Section (pp. 12-4 to 12-5) Table 12-2: Common Medications Screening and Diagnosis (p. 12-7) Care of Women with Gestational Diabetes text (pp. 12-8 to 12-9) ▪ **Added:** Main Topics Included In This Section: Maternal/Child Risks Associated with Diabetes (p. 12-2) Screening for Pre-Existing Diabetes at First Prenatal Visit (p. 12-3)	
Section 13. Assessing Risk and Prevention of Type 2 Diabetes	▪ **Updated:** Concern/Care/Frequency: text change (p. 13-1) Pre-Diabetes and Categories of Increased Risk for Developing Type 2 Diabetes and Type 2 Diabetes Risk Factors text (p. 13-2) The National Diabetes Prevention Program text (p. 13-5) Table 13-2: Diet and Physical Activity Considerations for Reducing Risk for Type 2 Diabetes and Metabolic Syndrome (Recommendations) text (p. 13-9)	