



LAKELAND CARE

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Clinical Guideline: Diabetes

Affected LCI Units: Care Management

Effective Date: **March 2017**

Last Review Date: **October 2020**

Purpose: The Diabetes Clinical Guideline has been developed to assist Interdisciplinary Team (IDT) staff in supporting members with Diabetes Mellitus to achieve optimal health and wellness. Utilization of the Diabetes Clinical Guideline will prevent or delay complications of diabetes by maximizing diabetes control and providing ongoing preventive care. The Diabetes Clinical Guideline, adopted from the Wisconsin Diabetes Mellitus Essential Care Guidelines, provides structure for the care and prevention of diabetes-related complications.

Scope:

- The Diabetes Clinical Guideline will be used by IDT staff for all members with a diagnosis of Diabetes Mellitus.
- Exceptions to applying the Diabetes Clinical Guideline include those members who are receiving Hospice Care; or the diabetic member has decided with his/her primary physician to forgo diabetes treatment as a quality of life decision, confirmed with physician by RN

Process:

For members with a diagnosis of Diabetes Mellitus, the RN Care Manager will assess the following at the initial comprehensive assessment and at a minimum of every six months thereafter, in conjunction with the assessment and recorded in the Diabetes Worksheet in Midas. Blood Pressure and lab results should be recorded in the Wellness Inventory Worksheet in Midas. Consider more frequent visits to provide additional education if diabetes is not well-controlled.

The following topics should be assessed and interventions implemented if risk is identified.

- Foot care and skin integrity of feet
- Blood sugar testing
- Hemoglobin A1C results (every 3-6 months)
- Diet and exercise regime
- Blood Pressure

Refer to the 2015 Wisconsin Diabetes Clinical Care Recommendations At-A-Glance <https://www.dhs.wisconsin.gov/publications/p49356a.pdf> for additional topics that can be addressed:

- General Recommendations/General Care
- Self-Management Education
- Medical Nutrition Therapy
- Glycemic Control
- Cardiovascular Care
- Kidney Care

- Eye Care
- Neuropathies and Foot Care
- Oral Care
- Emotional/Sexual Health Care
- Communicable Diseases Prevention
- Preconception, Pregnancy and Postpartum Care
- Assessing Risk and prevention of Type 2 Diabetes

Resources:

- American Association of Diabetic Educators, <https://www.diabeteseducator.org/>
- 4 Steps to Control Your Diabetes for Life booklet, http://ndep.nih.gov/media/NDEP67_4Steps_4c_508.pdf
- Individual Tips for Managing Diabetes <S:\All Staff\CM Processes\Prevention Education Wellness\Clinical Guidelines\Clinical Guideline - Diabetes Adjunct Materials\Diabetes education materials>, and Diabetes Self-Management Contract/Goal Sheet <S:\All Staff\CM Processes\Prevention Education Wellness\Clinical Guidelines\Clinical Guideline - Diabetes Adjunct Materials\Diabetes Goal Contract.doc>, developed by LC available in hard copy for IDT staff.
- Wisconsin Diabetes Mellitus Essential Care Guidelines, <https://www.dhs.wisconsin.gov/diabetes/guidelines.htm>
- [Trifold for practitioner follow up](#)

Evaluation of Use and Effectiveness of the Guideline:

- Use of the Diabetes Clinical Guideline will be determined by measuring/monitoring the percentage of Diabetic members who have a BP, A1C and LDL result recorded.
 - Effectiveness of the Diabetes Clinical Guideline will be measured by the percentage of diabetic members who demonstrate clinical evidence showing good control by achieving/maintaining the following clinical values
 - A1C<7.0
 - LDL<100
 - BP<140/90

References:

American Diabetes Association

American Diabetes Association - Standards of Medical Care in Diabetes 2017.

Retrieved from

http://professional.diabetes.org/sites/professional.diabetes.org/files/media/dc_40_s1_final.pdf

American Dietetic Association

Centers for Disease Control and Prevention

National Diabetic Association Program

National Institute of Diabetes and Digestive and Kidney Disease Foundation

2015 Wisconsin Diabetes Clinical Care Recommendations At-A-Glance. Retrieved from

<https://www.dhs.wisconsin.gov/publications/p49356a.pdf>