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In each issue of *Diabetes Resources* we provide information about management of diabetes for health care providers.

Our publications support the *New Mexico Diabetes Practice Guideline* by providing specific tools and resources for providers to help reduce the complications associated with diabetes. The **ABCs of diabetes** is a reminder to test patients **2 to 4 times per year for A1C, check Blood pressure at each visit and test Cholesterol levels annually.** The *Diabetes Resources* address other clinical recommendations. Dilated eye exam, foot exam and kidney disease screening as well as nutrition and physical activities are additional covered topics.

In support of the *New Mexico Diabetes Practice Guideline 2006*, please see the reverse side of *Diabetes Resources* for tools and resources that can help in your efforts to provide education and support to your patients with diabetes.

Check www.nmtod.com for organizations that have graciously provided funding for *Diabetes Resources*.

New Mexico Health Care Takes On Diabetes is 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 Diabetes Association.

Diabetes Resources

Practical Information for New Mexico Health Care Professionals



A quarterly publication for clinicians caring for people with diabetes - Vol 7 No. 13, 2006

Retinal Exams a Must

The Issue:

- ❖ Diabetic retinopathy remains the leading cause of blindness in adults. People with diabetes are **25 times** more likely to become blind.
- ❖ Diabetic eye disease is preventable. Up to 90 percent of diabetes-related blindness could be prevented by appropriate screening and treatment.¹
- ❖ Two physician-driven interventions can substantially reduce the risk or progression of retinopathy: treating high blood pressure to goal (<130/80) and reducing A1C to goal (<7.0%).
- ❖ Standard prophylactic aspirin therapy that is now recommended for most people with diabetes does not increase the risk of retinal hemorrhage.

Did you know?

“Like proper nutrition and physical activity, annual eye exams should be an essential part of eye care for people with diabetes.”

— Michelle Lujan Grisham
 Secretary, New Mexico
 Department of Health

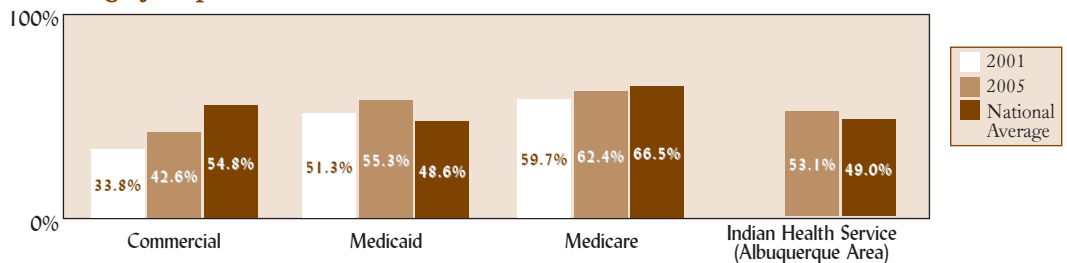
The Current Clinical Recommendation:

The *New Mexico Health Care Takes On Diabetes Practice Guideline 2006* recommends that all people with diabetes have a dilated retinal examination by an ophthalmologist or qualified optometrist annually.

New Mexico's Numbers:

Blue Cross and Blue Shield of New Mexico/HMO New Mexico, Molina Healthcare of New Mexico, Lovelace Health Plan, and Presbyterian Health Plan agreed to pool their data to get a snapshot of how New Mexico is doing. Together, these plans provide health care for nearly 791,000 New Mexicans.

Percentage of People with Diabetes Who Received a Dilated Retinal Exam in 2001 and 2005²⁻⁵



¹Diabetes: A Serious Public Health Problem At a Glance 2003. Department of Health and Human Services, Centers for Disease Control and Prevention. <http://www.cdc.gov/diabetes/pubs/glance.htm>.

²Data reported using nationally validated HEDIS® methodology. Rates derived from meeting continuous enrollment requirements. HEDIS is a registered trademark of the National Committee for Quality Assurance (NCQA).

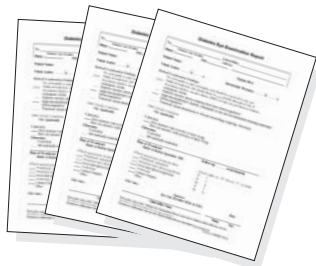
³HEDIS 2006 data for CY 2005 provided by BCBSNM/HMONM, Molina Healthcare of New Mexico, Lovelace Sandia Health Systems and Presbyterian Health Plan.

⁴Indian Health Service data were provided for the Albuquerque Area and based on Government Performance and Results Act (GPRA) indicators from 2005 fiscal year.

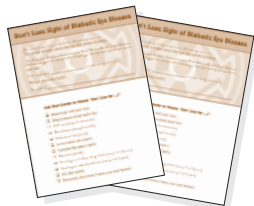
⁵National average data provided by Centers for Medicare & Medicaid Services (CMS) for CY 2005, Quality Compass for CY 2005 and Indian Health Services for FY 2005.

Resources for Clinicians

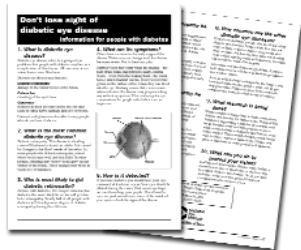
The following resources are FREE and can be downloaded from the New Mexico Health Care Takes On Diabetes website at www.nmtod.com. For further information contact Charm Lindblad, Executive Director, at 505.796.9121 or toll-free 1.866.796.9121.



Diabetes Eye Examination Report—This form, created by the New Mexico Ophthalmological Society in collaboration with the New Mexico Medical Review Association, promotes communication between a patient's eye care professional and primary care provider, assists with tracking, and promotes the maintenance of comprehensive medical records. Give this form to your patients with diabetes and encourage them to have their eye care professionals complete it and return it to the PCP's office following their annual eye exam. This form can also be found on the New Mexico Ophthalmological Society's website at www.nmos.org.



Patient Reminder Cards—The use of reminder cards is an effective strategy to encourage patients to receive care and facilitate communication between health care professionals and their patients with diabetes. New Mexico Health Care Takes on Diabetes provides these in two different formats as samples for use by either primary care providers or eye care professionals. These reminder cards, written in an easy-to-read format, encourage patients with diabetes to visit their ophthalmologists or qualified optometrist to receive their annual dilated retinal exam. If patients have already received their annual screening, they are encouraged to share exam results with the PCP's office in an effort to maintain comprehensive medical records.



Patient Education Brochure—Patients with diabetes look to you for guidance and your recommendation carries a great deal of influence. You can offer your patients this educational piece designed by the National Eye Institute, one of the federal government's National Institutes of Health. This piece describes diabetic eye disease to your patients simply and clearly. It addresses such topics as what diabetic retinopathy is, its symptoms, how it is detected, treatment options, and preventive measures. A comparative piece is also available in Spanish. These materials do not have copyright restrictions.

Websites—The editorial committee has identified a select number of websites about diabetic retinopathy that we think you will find informative. To access these websites, please visit the New Mexico Health Care Takes On Diabetes website.*

*Please note that these websites do not necessarily represent the views of New Mexico Health Care Takes On Diabetes. They are listed for your reference and convenience. NMHCTOD does not evaluate websites for content accuracy or application to any clinical situation.

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