



**NEW FOR 2008!**

## New Mexico Adult Diabetes Practice Guideline

Frequency	Procedure/Test	Action or Goal
<b>Every Visit</b>	Interval history	Review glucose testing log, hypoglycemic episodes, and tobacco use
	Blood pressure	< 130/80 mmHg
	Weight	Obtain weight or preferably BMI
	Foot exam	Inspect skin for signs of pressure areas and breakdown
	Review and administer or adjust medications as needed	Glucose-lowering medications
		Antihypertensives if HTN present
		ACEI/ARB as indicated
		Lipid-controlling medications
Aspirin prophylaxis		
Immunizations – Influenza and Pneumococcus		
<b>Quarterly to Semi-Annually</b>	A1C	Test 4 times/year; 2 times/year if in good control
		General goal: <7%. Individual patient goal: as close to normal as possible (<6%) while avoiding hypoglycemia
<b>At Least Once Each Year</b>	Review patient knowledge of diabetes, nutrition, and self-management skills	Provide or refer for training in self-management and nutrition as needed, based on assessment
		Counsel on importance of regular dental exams
<b>Annually</b>	Foot risk assessment	Check pulses, conduct monofilament exam
	Nephropathy screening	For patients without known nephropathy, screen for microalbuminuria. Normal <30 mcg of albumin per mg creatinine
		Measure serum creatinine to estimate GFR
		If nephropathy present, treat and monitor
	Lipid profile	LDL <100 mg/dl (LDL <70 mg/dl if CVD or high risk), HDL >40 mg/dl, Triglycerides <150 mg/dl
Retinal eye exam	Dilated retinal exam by eye care professional*	

This guideline has been developed by New Mexico Health Care Takes On Diabetes, a New Mexico non-profit corporation representing 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. This guideline is designed to summarize core elements that should be considered in the care of most people with diabetes. This guideline should not be construed as representing standards of care nor a substitute for individualized evaluation and treatment based on clinical circumstances.

\*Additional and expanded information is available on the New Mexico Health Care Takes On Diabetes website, [www.nmtod.com](http://www.nmtod.com).

This guideline is based on the recommendations of the American Diabetes Association (ADA). For more information, see [www.diabetes.org](http://www.diabetes.org).

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