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NEW MEXICO DIABETES PRACTICE GUIDELINE 2002

This guideline has been developed by *New Mexico Health Care Takes On Diabetes*, 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 Association of Health Plans and the American Diabetes Association.

This guideline is not meant to be comprehensive. It is designed to quickly summarize elements that, at a minimum, should be considered in the care plan of most persons with diabetes.

The organizations listed to the left support this guideline for use by the New Mexico health care community.

Frequency	Procedure/Test	Action or Goal
Every Visit	Interval history	Review glucose testing log, hypoglycemic episodes, current medications
	Blood pressure	< 130/80 mmHg ²
	Weight	Obtain weight or BMI
	Foot exam	Inspect skin for signs of pressure areas and breakdown
Quarterly to Semi-Annually	A1C ¹	Test 2-4 times per year, goal < 7%
At Least Once Each Year	Assess patient knowledge of diabetes, nutrition, and self-management skills	Ensure patient needs are being met by providing or referring for self-management and/or nutrition counseling
Annually	Foot Risk assessment	Check pulses, conduct monofilament exam
	Nephropathy screening	If not already diagnosed with nephropathy, screen for microalbuminuria. Normal < 30 mcg/mg creatinine
	Lipid profile	LDL < 100 mg/dl HDL > 45 mg/dl Triglycerides < 150 mg/dl ²
	Retinal eye exam	Dilated retinal exam by ophthalmologist or qualified optometrist ²

¹ The term HbA1c has been simplified to A1C.

² Revised based on *The American Diabetes Association's Clinical Practice Recommendations of January 2002*

Additional resources are available through the *Taking on Diabetes* website, www.TakingOnDiabetes.org/communitypartnership

This guideline is based on the recommendations of the American Diabetes Association (ADA). For more information, including full documentation for the above clinical recommendations, consult the ADA website at www.diabetes.org or contact the ADA at 1-800-DIABETES.

This guideline should not be construed as representing standards of care nor should it be considered a substitute for individualized evaluation and treatment based on clinical circumstances.

American Association of Health Plans
American Diabetes Association
American Diabetes Association—
New Mexico Area
Blue Cross and Blue Shield of
New Mexico and HMO New Mexico
Cimarron Health Plan
Lovelace Health Systems
Medical Assistance Division,
New Mexico Human Services Department
New Mexico Chapter,
American Academy of Family Physicians
New Mexico Chapter Council of
American College of Physicians—
American Society of Internal Medicine
New Mexico Department of Health
New Mexico Diabetes Advisory Council
New Mexico Hospitals &
Health Systems Association
New Mexico Medical Review Association
New Mexico Medical Society
New Mexico Primary Care Association
Presbyterian Health Plan
St. Joseph MedicarePlus
University of New Mexico
Health Sciences Center
Zia Association of Diabetes Educators