

TABLE OF CONTENTS



Preface - About the Diabetes and Cardiovascular Disease Provider Reference Guide (PRG)

- Acknowledgements..... x
- Making and Using the PRG..... xi
- Diabetes and Cardiovascular Disease Overview..... xii

1 Prevention and Delay of Type 2 Diabetes

- Prediabetes..... 4
- Obesity..... 5
- Metabolic Syndrome..... 8

2 Screening and Diagnosis of Type 2 Diabetes, Hypertension and Dyslipidemia

- Signs and Symptoms of Type 2 Diabetes..... 10
- Assessing Adult Risk for Diabetes and Cardiovascular Disease..... 10
 - Contributing Risk Factors..... 10
 - American Diabetes Association (ADA) Risk Test..... 11
 - Framingham Risk Score..... 11
 - Cardiovascular Disease Evaluation Considerations..... 12
- Screening and Diagnostic Testing..... 13
- Type 2 Diabetes Screening and Diagnostic Criteria..... 14
 - Screening in Asymptomatic Adults..... 14
 - Hypertension Screening and Diagnosis Criteria..... 15
 - Dyslipidemia Screening and Diagnosis Criteria..... 17

3 Comprehensive Management of Type 2 Diabetes

- Diabetes Care Guidelines/Flowsheet..... 20
- Achieving Glycemic Control..... 22
 - A1c Recommendations..... 22
 - Blood Glucose Level Goals..... 23
 - Monitoring Blood Glucose Levels..... 23
 - Proper Disposal of Syringes and Needles..... 25
 - Patient Logs and Worksheets..... 26
 - Pharmacotherapy..... 26
 - Insulin Guidelines..... 30
 - Hypoglycemia..... 36
- Clinical Management of Hypertension..... 36
 - Target Blood Pressures and Self Measurement..... 36
 - Hypertension Treatment Algorithm, Initial Drug Choices..... 37
 - Pharmacotherapy for Hypertension..... 38
 - JNC 7..... 43
- Clinical Management of Dyslipidemia..... 45
 - Targeting Adult Cholesterol Levels..... 45
 - Pharmacotherapy for Dyslipidemia..... 47
 - ATP III At-A-Glance..... 50

- Lifestyle Interventions and Modifications..... 56
 - Recommended Lifestyle Modifications..... 56
 - Weight Loss/Maintenance..... 57
 - Medical Nutrition Therapy (MNT)..... 57
 - General Nutritional Recommendations For Diabetes..... 58
 - Nutritional Recommendations for Weight Loss In Diabetes..... 58
 - Physical Activity and Exercise In Diabetes..... 58

4 Preventing and Managing Complications of Type 2 Diabetes

- Acute complications..... 60
 - Hypoglycemia 60
 - Diabetic Ketoacidosis (DKA)..... 61
- Long Term Complications..... 61
 - Foot Care..... 62
 - Depression and Mental Health..... 66
 - Dental and Oral Care..... 69
 - Eye Health..... 70
 - Renal Health..... 71
 - Nervous System..... 72
 - Tobacco and Smoking..... 73

5 Improving Type 2 Diabetes Care and Self Management

- Patients as Decision-Makers..... 76
- Supporting Lifestyle Change..... 76
 - Patient and Provider Communication..... 77
 - Readiness for Change..... 78
 - Tips for Supporting Patient Lifestyle Modifications..... 79
- Brief Negotiations - Assessing Readiness to Change..... 80
 - Diabetes - General..... 81
 - Weight - General..... 84
 - Sample Dialogues Using Brief Negotiations..... 86
 - Insulin Introduction Sample Dialogue..... 86
 - Hypertension Self-Management Sample Dialogue..... 88
 - Brief Negotiations Reference Card..... 89
- Improving Medication Adherence 90
 - Factors that Influence Adherence..... 90
 - Tips to Improve Adherence..... 91
- Systems and Process Improvement..... 92
 - Office Systems..... 92
 - Chart Prompts..... 92
 - Exam Rooms/Waiting Area..... 92
 - Building the Diabetes Team..... 93
 - Patient Activation/Support..... 93



6 Patient Resources

• General Care and Management of Diabetes.....	97
• Assessing Risk and Prevention for Diabetes.....	107
• Glycemic Control.....	111
• Insulin Management.....	116
• Diabetes and Cardiovascular Disease.....	119
• Neuropathy.....	123
• Nutrition.....	125
• Exercise.....	131
• Medication Adherence.....	134

7 Practice/Clinic Resources

• CMAF DQIP Project Flyer.....	139
• California Diabetes Program.....	140
• Multicultural Patient Education Materials Database.....	142
• Reducing Cardiometabolic Risk.....	143
• Community Resource Directory.....	145
• Language Access Database.....	146
• Link to Informational Websites.....	147
• Billing and Coding Quick Reference Guide.....	148
-ICD-9-CM Coding for Type 2 Diabetes Mellitus.....	148
-ICD 9-CM Coding for Diabetes Risk Factors and Cardiovascular Comorbid Diagnoses.....	148
-ICD 9-CM Coding for Type II Diabetes Mellitus Diagnoses.....	152
-ICD 9-CM Coding for Diabetes Related Complications and/or Comorbidities.....	156
-HCPCS Level II Codes for Self Monitoring Blood Glucose Products.....	157
-HCPCS Codes Medicare Preventive and Screening Services.....	158
-HCPCS Codes Self Management Training Services.....	162
-CPT Codes Medical Nutrition Therapy (MNT).....	163
-ICD-9-CM Codes Supporting (MNT).....	164
-Billing and Coding Internet Resources.....	167

References	168
-------------------------	-----

Tables and Figures	171
---------------------------------	-----

Evaluation	174
-------------------------	-----