Comprehensive diabetic care

Diabetes is an inability of the body to produce or properly use insulin, the hormone needed to convert sugar, starches, and other foods into energy. Appropriate and timely screening and treatment can significantly reduce the complications of the disease and lead to an overall improved quality of life.²

Measure

Patients 18–75 years of age who received care for diabetes (type 1 and type 2) and had each of the following:
- Hemoglobin A1C (HbA1c) testing
- Eye exam (retinal)
- Medical attention for nephropathy
- Blood pressure control (<130/80 mm Hg)
- Blood pressure control (<140/90 mm Hg)³

Patient medical record should include
- Hemoglobin A1c (test and result)
- Retinal exam (dilated eye exam/retinopathy)
- Urine screening (ACE or ARB medication therapy) (attention to nephropathy)
- Blood pressure documentation (<130/80) (<140/90)
- Appropriately documented eye exams from eye care professionals; for example: “An eye exam by an eye care professional on --/- --/- -- was done; no evidence of retinopathy was found.”

Tips for provider and/or staff when talking to the patient
- Consider sending reminders to patients with either type 1 or type 2 diabetes with information about the required testing and a suggestion to set up an appointment.
- Focus on blood pressure and glucose control as vital to good health and a tool to prevent multiple illnesses.
- Emphasize the importance of a yearly eye exam with retinal exam for good vision and good health.
- Promote good foot care and proper care for nail and skin of feet.
- Discuss current medications with the patient, and explore any difficulties in obtaining or administering their medications, doses, and timing of doses. Encourage the patient keep a medication list; see member website for a list they can use: https://www.premera.com/wa/visitor/pharmacy/pharmacy-services/multiple-medications-safety/.
- Check to see that HbA1c and microalbuminuria testing is completed annually and charted.

¹ HEDIS is a registered trademark of the National Committee for Quality Assurance (NCQA).
³ Peter Bach et al. HEDIS 2014 Technical Specifications for Health Plans (National Committee for Quality Assurance 2013), 144–160