



DIABETES SCREENING GUIDELINE FOR ADULTS

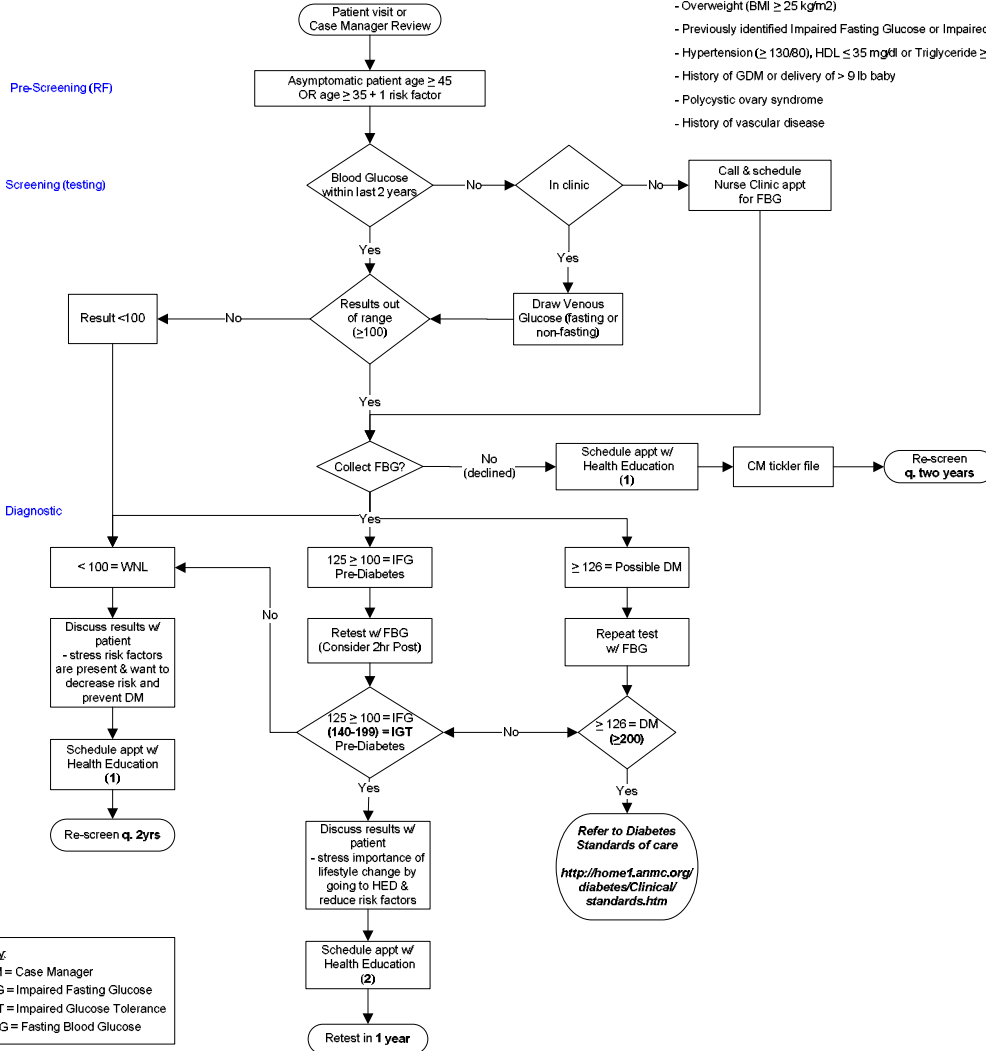
	PAGE
1. Algorithm	2
2. References	3

Revised by : Diabetes / CQI
(Jennifer Stroh x3317, Julien Naylor x1126)
Revision Date: 4/6/06
PIC Approval Date: 5/4/06

Diabetes Screening Adult Guideline (All Native Patients Age ≥ 45 OR Age ≥ 35 + 1 risk factor)

Risk Factors:

- First degree relative with diabetes
- Overweight (BMI ≥ 25 kg/m²)
- Previously identified Impaired Fasting Glucose or Impaired Glucose Tolerance
- Hypertension (≥ 130/80), HDL ≤ 35 mg/dl or Triglyceride ≥ 250 mg/dl
- History of GDM or delivery of > 9 lb baby
- Polycystic ovary syndrome
- History of vascular disease



Key
 CM = Case Manager
 IFG = Impaired Fasting Glucose
 IGT = Impaired Glucose Tolerance
 FBG = Fasting Blood Glucose

- (1) Health Education - Pts who are WNL but have 1 or more RFs**
- DM & risk reduction overview for prevention of future diabetes
 - DM Nutrition prevention education
 - Exercise Education for prevention of DM
 - Who is at risk for DM & why

- (2) Health Education - Pt with IGT / IFG = Pre-Diabetes**
- Prevention of DM and/or reversal of IGT / IFG
 - Risk Reduction
 - Exercise Education
 - Nutrition Education for DM
 - Psychosocial Education
 - Health Habits Education
 - What is DM Education: who is at risk & why?
 - DM Wellness Gathering

- (3) Health Education - Pt with Diabetes Dx**
- Glucometer Education & medication instruction (insulin or oral)
 - DM overview education & acute complication education
 - Exercise Education
 - Nutrition Education for DM
 - Long term complication education & risk reduction
 - Foot care & health habits education
 - Interpretation of BG review
 - Psychosocial Education
 - DM Wellness Gathering

(Values in parenthesis = 2 hour glucose tolerance test results)

This guideline is designed for general use for most patients but may need to be adapted to meet the special needs of a specific patient as determined by the patient's provider.



References:

1. Screening for Diabetes. American Diabetes Association. *Diabetes Care* 28:S4-S36, 2005
2. Burrows NR, Geiss LS, Engelgau MM, Acton, KJ. Prevalence of Diabetes Among Native Americans and Alaska Natives. *Diabetes Care* 23(12):1786-1790, 2000