

# Diabetes Care Guideline Checklist

## Ambulatory Care Setting Level 1



## The current state of the issue

Diabetes is a chronic disease that often results in elevated blood sugar which over time leads to serious health complications such as heart disease, vision loss, and limb amputation.<sup>1</sup> Diabetes is the 7th leading cause of death for Washingtonians.<sup>2</sup> Individuals across the age spectrum can be diagnosed, with a diagnosis among youth becoming more prevalent.<sup>3</sup> There are different types of diabetes. These guidelines focus on Types I, II, and prediabetes. One in five Americans are unaware they have diabetes and eight in ten are unaware they have pre-diabetes, with similar rates in Washington state.<sup>4</sup> Currently, Washington state performs below the NCQA 25th percentile for blood sugar testing for people with diabetes with disparities by race, ethnicity, and payor status.<sup>5</sup>

## Team Based Care & Empanelment

- ☐ Follow the tenets of the [Chronic Care Model](#) listed below in organizational policies and protocols.
  - ☐ Utilize an electronic health record system (EHR).
  - ☐ Ensure EHR has structured ([FHIR](#)) data fields that allow tracking including but not limited to: glycemic testing, glycemic control, vital signs and labs, eye exams, foot exams, screening for chronic kidney disease and relevant referrals to specialists.
- ☐ Align clinic workflows with most recent clinical guidance (e.g., ADA, USPSTF) including but not limited to comprehensive medical assessment, pharmacologic management, assessment and management of risk factors and comorbidities, glycemic monitoring, immunization and psychosocial assessment. As diabetes management is highly individualized, workflows may vary based on diabetes type, severity, and a patient's unique needs.
- ☐ Align workflows with the [American Heart Association's Target: Type 2 Diabetes Recognition Program](#). Key additional components include:
  - ☐ Ensure assessment of urine microalbumin-creatinine ratio and eGFR at least annually for patients who've had type 1 diabetes for 5 or more years and in all patients with type 2 diabetes.
  - ☐ Offer immunizations of Hepatitis B, HPV, influenza, Pneumococcal, tetanus, diphtheria, pertussis, and zoster as per ADA guidelines or more updated recommendations.
  - ☐ Psychosocial assessment by a validated instrument(s).

## Population Health

- ☐ Provide telehealth options for care, especially for rural communities.



- ☐ Develop and implement protocols to routinely screen all patients for food insecurity and other social needs, and refer appropriate patients to social workers, care managers and/or community support to seek opportunities to address food insecurity and other social needs. Refer to Foundation for Health Care Quality's [Social Needs Screening Report](#) and [Social Needs Intervention Report](#) for guidance.

## Resources

- The Bree Report on Diabetes Care is meant to supplement these resources.
- Full Bree Report on Diabetes Care: [https://www.qualityhealth.org/bree/wp-content/uploads/sites/8/2024/01/Diabetes-Report\\_Draft-23-FINAL-0124.pdf](https://www.qualityhealth.org/bree/wp-content/uploads/sites/8/2024/01/Diabetes-Report_Draft-23-FINAL-0124.pdf)
- American Diabetes Association: <https://diabetes.org/tools-resources>
- WA DOH Diabetes Prevention and Management <https://doh.wa.gov/public-health-healthcare-providers/healthcare-professions-and-facilities/patient-care-resources/diabetes-prevention-and-management>
- National Diabetes Prevention Program: <https://www.cdc.gov/diabetes/prevention/index.html>
- Special Diabetes Program for Indians <https://www.ihs.gov/sdpi/>
- YMCA Diabetes Prevention: <https://www.ymca.org/what-we-do/healthy-living/fitness/diabetes-prevention>

**Read the full Bree Report on Diabetes Care online by scanning the QR code:**



**Connect with the Bree Collaborative at [bree@qualityhealth.org](mailto:bree@qualityhealth.org)**

References: 1. American Diabetes Association. The Burden of Diabetes in Washington. ADV. Accessed November 2022. Available at: [https://diabetes.org/sites/default/files/2021-10/ADV\\_2021\\_State\\_Fact\\_sheets\\_Washington.pdf](https://diabetes.org/sites/default/files/2021-10/ADV_2021_State_Fact_sheets_Washington.pdf) 2. Institute for Health Metrics and Evaluation. United States of America - Washington. IHME. Accessed November 2022. Available at: <https://www.healthdata.org/united-states-washington> 3. Centers for Disease Control and Prevention. CDC Study Finds Youth Onset Type 2 Diabetes More Severe in Minority Youth. [Press Release]. Accessed August 24, 2021. Available at: <https://www.cdc.gov/media/releases/2021/p0824-youth-diabetes.html> 4. Centers for Disease Control and Prevention. National Diabetes Statistics Report, 2023. Accessed 2023. Available at: <https://www.cdc.gov/diabetes/library/spotlights/diabetes-facts-stats.html> 5. WHA Community CheckUp. 2022. 2022 Community Checkup Report. Washington Health Alliance. Accessed November 2022. Available: <https://www.wacommunitycheckup.org/media/67048/2022-community-checkup-report.pdf>