Diabetes: Hemoglobin A1c Poor Control

Numerator:
Patients who have received a retinal or dilated eye exam during the measurement year or a negative retinal or dilated eye exam in the year prior to the measurement year; and
Patients with most recent HbA1c > 9.0% or no A1c drawn/result missing.
Lab test must have been done during the measurement period.

Denominator:
Age 18-75 with an active dx of type 1 or 2 diabetes and a visit during the measurement period.

Exclusions:
Patients with a diagnosis of polycystic ovary disease; gestational diabetes; or a diagnosis of secondary diabetes due to another condition.

Source: medical record review.

What is the problem and what is known about it so far?
According to the CDC publication “A Snapshot: Diabetes in the United States” more than 9.3% of the US population are estimated to have diagnosed or undiagnosed diabetes. An additional 37% of Americans aged 20 years or older have prediabetes, which can lead to type 2 diabetes, heart disease, and stroke. Diabetes was the seventh leading cause of death in the US in 2010.

Who should be screened?:
The American Diabetes Association 2018 Standards of Medical Care in Diabetes outlines the screening guidelines for adults and children as noted in tables below. Tables 1, 2, and 3 are from the 2018 ADA Standard of Medical Care in Diabetes Abridged for Primary Care Providers.
Recommendations for Provider Teams:

- Screen patients for diabetes based on risk factors. Screening should begin at age 45 years. If tests are normal, repeat testing at a minimum of 3-year intervals.
- Provide or refer to Ongoing Self-Management Support or Prevent T2 CDC Program.
- Provide individualized medical nutrition therapy for people with a diagnosis of diabetes or pre-diabetes.
- Encourage regular physical activity for people with a goal of 150 minutes a week.
- Measure blood pressure at every visit. The ADA recommends a target blood pressure <140/90. The AACE recommends that blood pressure control be individualized, but that a target of <130/80 mm Hg is appropriate for most patients.
- Monitor A1c at least twice a year in patients meeting treatment goals or quarterly for patients not at goal or whose therapy has changed.
- Monitor lipids with LDL goal of <100 mg/dL if diabetes alone with no risk factors or <70 mg/dL with diabetes and one other risk factor. (Note: There is controversy regarding treating to an LDL target in patients. Please refer to ADA Standards of Medical Care for further guidance.)
- Prescribe anti-platelet therapy as a secondary prevention strategy in those with diabetes and a history of ASCVD.
- Screen for hypoglycemia at every visit for patients taking insulin or other diabetes medications.
- Screen for tobacco use (annually).
- Perform foot exam (annually).
- Refer for dilated eye exam (annually, or every 2 years for patients without retinopathy and low risk).
- Screen for depression, anxiety, and disordered eating (annually).
- Administer flu vaccine (annually).
- Administer pneumonia vaccine (at time of diagnosis and/or at age 65).
- Refer to home health to determine eligibility for in-home education and monitoring if patient condition remains unstable and/or there are risk factors such as low health literacy, moderate to severe anxiety/ depression, lack of self-care ability and no willing or able caregiver in the home, or other factors inhibiting patient self-management.

Resources and Tools:

CDC Fact Sheets - https://www.cdc.gov/diabetes/library/factsheets.html

University of Vermont: Office of Primary Care and Area Health Education Centers (AHEC) Program.

Vermont Academic Detailing Program (www.vtad.org)–Diabetes: http://www.med.uvm.edu/ahec/vermontacademicdetailing


American Diabetes Association. Standards of Medical Care in Diabetes-2018 together with the Abridged Standards for Primary Care Physicians: https://professional.diabetes.org/content-page/standards-medical-care-diabetes


2 Standards of Medical Care in Diabetes – 2018 Abridged for Primary Care Providers https://professional.diabetes.org/content-page/standards-medical-care-diabetes

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