Diabetes: How Sweet It Is
Standards of Medical Care in Diabetes – 2015
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Objectives
Following completion of the presentation, pharmacists should be able to:
• Identify appropriate immunizations recommended in the Standards of Medical Care in Diabetes – 2015 for patients with diabetes.
• Compare the glycemic targets in patients with diabetes from the 2014 to 2015 version of the Standards of Medical Care in Diabetes.
• Assess patients recommended blood pressure goal in the Standards of Medical Care in Diabetes – 2015 based on age, disease state(s), or risk factors present.

Following completion of the presentation, pharmacy technicians should be able to:
• Identify patients receiving oral or injectable diabetes medications.
• Identify two microvascular complications of Diabetes.
• Describe physical activity recommendations for patients with diabetes according to the Standards of Medical Care in Diabetes – 2015

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13. Diabetes Care in the Hospital, Nursing home, and Skilled Nursing Facility
14. Diabetes Advocacy

Standards of Medical Care in Diabetes

• The American Diabetes Association’s (ADA’s) "Standards of Medical Care in Diabetes" is intended to provide clinicians, patients, researchers, payers, and other interested individuals with:
  • Components of diabetes care
  • General treatment goals
  • Tools to evaluate the quality of care

• The recommendations include:
  • Screening, diagnostic, and therapeutic actions
  • Many of these interventions have also been shown to be cost effective

Section 2. Classification and Diagnosis of Diabetes

• BMI cut point used for screening overweight or obese Asian Americans for prediabetes and type 2 diabetes
  • changed to 23 kg/m² (vs 25 kg/m²)
Section 4. Foundations of Care: Education, Nutrition, Physical Activity, Smoking Cessation, Psychosocial Care, and Immunization

- Limit the amount of time spent sedentary
- Break up extended amounts of time (> 90 min) spent sitting

Section 4. Foundations of Care: Education, Nutrition, Physical Activity, Smoking Cessation, Psychosocial Care, and Immunization

- E-cigarettes are not supported as an alternative to smoking or to facilitate smoking cessation.

Section 6. Glycemic Targets

- Pre-meal blood glucose target of 80-130 mg/dL
- Better reflects new data comparing actual average glucose levels with A1C targets.

Section 6. Glycemic Targets

Glycemic recommendations for non-pregnant adults with diabetes

<table>
<thead>
<tr>
<th>Pre-prandial capillary plasma glucose</th>
<th>80-130 mg/dL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peak postprandial capillary plasma glucose</td>
<td>&lt; 180 mg/dL</td>
</tr>
</tbody>
</table>

Section 7. Approaches to Glycemic Treatment

- Type 2 diabetes management algorithm updated to reflect currently available therapies for diabetes management.
  - Glucagon-like peptide-1 (GLP-1) agonists
  - Dipeptidyl peptidase-4 (DPP-4) inhibitors
  - Sodium glucose transport 2 (SGLT2) inhibitors
Section 8. Cardiovascular Disease and Risk Management

- Recommended goal for diastolic blood pressure was changed from 80 mmHg to 90 mmHg for most people with diabetes and hypertension.

Section 8. Cardiovascular Disease and Risk Management

- Treatment Target for Hypertension
  - <140/90 mmHg for most individuals with diabetes
  - <130/80 mmHg for certain individuals if can be achieved without treatment burden

Section 8. Cardiovascular Disease and Risk Management

- Lipid monitoring guidance:
  - screening lipid profile is reasonable at
  - diabetes diagnosis - initial medical evaluation
  - 40 years old
  - annually thereafter

Section 8. Cardiovascular Disease and Risk Management

- Treatment initiation with statins is now driven primarily by risk status rather than LDL cholesterol level.
- Risk Status calculated using the ASCVD Risk Estimator
  - No longer use Framingham Risk Score
    - Looked at: age, sex, total cholesterol, smoking status, HDL cholesterol, Systolic BP

ASCVD Risk Estimator

- 10-year calculated ASCVD risk = quantitative estimation of absolute risk
  - Based upon data from representative population samples
  - Looks at: age, sex, race, total cholesterol, HDL cholesterol, Systolic BP, smoking status, Treatment for Hypertension, Diabetes diagnosis,

- Example: If the 10-year ASCVD risk estimate is 10%, this indicates that among 100 patients with the entered risk factor profile, 10 would be expected to have a heart attack or stroke in the next 10 years.
Section 8. Cardiovascular Disease and Risk Management

<table>
<thead>
<tr>
<th>Age</th>
<th>Risk Factors</th>
<th>Recommended Statin Dose*</th>
<th>Monitoring with lipid panel</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 40 years</td>
<td>None</td>
<td>None</td>
<td>As needed to monitor for adherence</td>
</tr>
<tr>
<td>40-75 years</td>
<td>CVD Risk Factors**</td>
<td>Moderate</td>
<td>As needed to monitor adherence</td>
</tr>
<tr>
<td>&gt;75 years</td>
<td>CVD Risk Factors**</td>
<td>Moderate</td>
<td>As needed to monitor adherence</td>
</tr>
</tbody>
</table>

Section 10. Older Adults

<table>
<thead>
<tr>
<th>Patient characteristics/health status</th>
<th>A1C goal</th>
<th>Fasting or preprandial glucose (mg/dL)</th>
<th>HbA1c glucose (mg/dL)</th>
<th>Blood pressure (mmHg)</th>
<th>Lipid treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy (few or no current chronic illnesses, intact cognitive and functional status)</td>
<td>&lt; 7.5%</td>
<td>100-130</td>
<td>&lt;140/90</td>
<td>Statin unless contraindicated or not tolerated</td>
<td></td>
</tr>
<tr>
<td>Complex/Intermediate (multiple chronic illnesses or 2+ instrumental ADL impairments or mild to moderate cognitive impairment)</td>
<td>&lt; 8.0%</td>
<td>100-130</td>
<td>100-180</td>
<td>&lt;140/90</td>
<td>Statin unless contraindicated or not tolerated</td>
</tr>
<tr>
<td>Very complex/poor health (long-term care or end-stage chronic illnesses or moderate to severe cognitive impairment or 2+ ADL dependencies)</td>
<td>&lt; 8.5%</td>
<td>100-180</td>
<td>110-200</td>
<td>&lt;150/90</td>
<td>Consider likelihood of benefit with statin (secondary prevention more so than primary)</td>
</tr>
</tbody>
</table>
Impact on Practice

<table>
<thead>
<tr>
<th>Measurement</th>
<th>2015 ADA Target</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood Pressure</td>
<td>&lt;140/90 mmHg</td>
</tr>
<tr>
<td>Pre-prandial Blood Glucose</td>
<td>80-130 mg/dL</td>
</tr>
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<td>Post-prandial Blood Glucose</td>
<td>&lt;180 mg/dL</td>
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</table>

Use a Statin in the following patients with Diabetes*
- Under 40 with CVD Risk Factors or Overt CVD
- 40 +
*Unless unable to tolerate or contraindicated

Questions?