



# Diabetes

## Clinical Practice Initiatives

NaviCare<sup>®</sup> HMO SNP, a Medicare Advantage Special Needs Plan and NaviCare<sup>®</sup> SCO, a Senior Care Options program, both from Fallon Health, have endorsed the American Diabetes Association's Standards of Medical Care in Diabetes for Older Adults. This position statement can be found at <http://fallonhealth.org/providers/medical-management/health-care-guidelines.aspx>.

### Preventive patient education

NaviCare may provide the following educational information to your patients and their caregivers:

- Reinforcement of healthy lifestyle changes, including the importance of having routine follow-up visits, taking medication(s) as prescribed, maintaining a healthy diet for weight management, following exercise recommendations, smoking cessation, avoidance of secondhand smoke, and limiting alcohol consumption.
- Psychosocial adjustment in living with a chronic illness.
- Importance of appropriate pharmacotherapy management, along with regular follow-up visits, to support disease self-management and blood pressure control of <140/90 mm Hg and having blood pressure checked at each office visit.
- Importance of an annual influenza vaccine.
- Importance of pneumococcal vaccines on or after 65<sup>th</sup> birthday, according to current guidelines.
- Importance of smoking cessation.
- Signs and symptoms of hypoglycemia and hyperglycemia.
- Importance of receiving an annual hemoglobin A1c screening and A1c level goal, based on the patient's overall functional status and medical condition.
- Importance of remaining on statin medication, if prescribed.
- Importance of receiving annual retinal eye exams.
- Annual nephropathy attention, including ACE inhibitor, ARB therapy or microalbuminuria testing, and blood tests for calcium and creatinine for patients on ACE inhibitor or ARB medications.
- Importance of regular foot exams

(continued)

### **Clinical indicators**

When evaluating your performance, Fallon will review the percentage of your diabetic patients, aged 65-75:

- With, at minimum, one hemoglobin A1c test performed annually
- Who were dispensed a statin medication and remained on that medication
- Who had an annual retinal eye exam
- Who had a blood pressure less than 140/90 mm Hg
- Who are on an ACE inhibitor/ARB medication and had an annual serum K+ and a serum creatinine
- Who are on an ACE inhibitor/ARB therapy or have an annual microalbuminuria test

**1-877-700-6996**

Monday–Friday, 8:30 a.m.–5:00 p.m.

**fallonhealth.org**