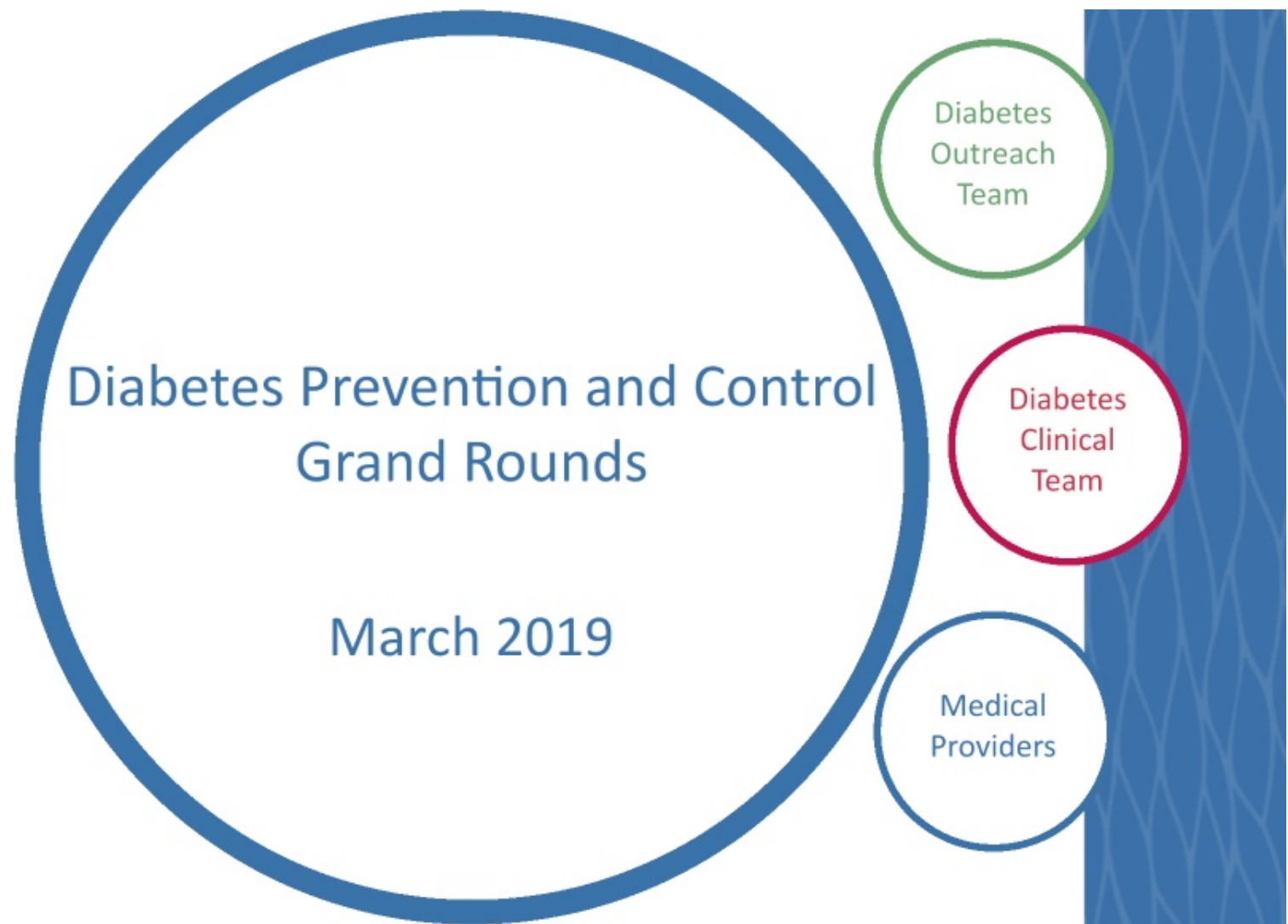


Diabetes

Prevention and Control





Diabetes Outreach Specialists

- School Presentations
- Tribal Council Presentations
- Camp Fire Alaska Rural Program
- Community Garden & Activity Awards
- Community Events
- National Healthy Lunch Day
- Zombie Run
- **Today Diabetes Alert Day**



Diabetes Educators

- Nurse Case Managers
- Registered Dietitian
- Pharmacist

Caseload
Surveillance

DSMES

Professional
CGM

MNT

Village
Travel



The diagram features a large central white circle with a thick red border containing the text 'Caseload Surveillance'. To its right, three smaller white circles with red borders are stacked vertically, containing the text 'Accurate patient lists', 'Reimbursement', and 'Diagnostic Criteria'. The background is blue with a wavy pattern. A red triangle is located in the bottom-left corner.

Caseload Surveillance

Accurate
patient lists

Reimbursement

Diagnostic
Criteria



Diabetes Registry

- Annual IHS Audit
- HealtheRegistries
- Report to the People
- Statewide Registry
- Patient Care



Third Party Payers

- Medicare
- Medicaid
- Private Insurance



Diagnostic Criteria

- AACE
vs.
- USPSTF
vs.
- ADA

AACE

USPSTF

ADA

AACE

Diagnostic Criteria for Prediabetes and Diabetes in Nonpregnant Adults

Normal	High Risk for Diabetes	Diabetes
FPG <100 mg/dL	IFG FPG ≥100-125 mg/dL	FPG ≥126 mg/dL
2-h PG <140 mg/dL	IGT 2-h PG ≥140-199 mg/dL	2-h PG ≥200 mg/dL Random PG ≥200 mg/dL + symptoms*
A1C <5.5%	5.5 to 6.4% For screening of prediabetes†	≥6.5% Secondary‡

*Polydipsia (frequent thirst), polyuria (frequent urination), polyphagia (extreme hunger), blurred vision, weakness, unexplained weight loss.

†A1C should be used only for screening prediabetes. The diagnosis of prediabetes, which may manifest as either IFG or IGT, should be confirmed with glucose testing.

‡Glucose criteria are preferred for the diagnosis of DM. In all cases, the diagnosis should be confirmed on a separate day by repeating the glucose or A1C testing. When A1C is used for diagnosis, follow-up glucose testing should be done when possible to help manage DM.

FPG, fasting plasma glucose; IFG, impaired fasting glucose; IGT, impaired glucose tolerance; PG, plasma glucose.
Hendeleman YH, et al. *Endocr Pract*. 2015;21(suppl 1):S-87.

2

USPSTF

Table 2. Test Values for Normal Glucose Metabolism, IFG or IGT, and Type 2 Diabetes*

<i>Test</i>	<i>Normal</i>	<i>IFG or IGT</i>	<i>Type 2 diabetes</i>
Hemoglobin A1C level, %	< 5.7	5.7–6.4	≥ 6.5
Fasting plasma glucose			
mmol/L	< 5.6	5.6–6.9	≥ 7.0
mg/dL	< 100	100–125	≥ 126
OGTT results†			
mmol/L	7.8	7.8–11.0	≥ 11.1
mg/dL	< 140	140–199	≥ 200

IFG = impaired fasting glucose; IGT = impaired glucose tolerance; OGTT = oral glucose tolerance test.

**—From reference 46 (see full recommendation statement). All positive test results should be confirmed with repeated testing.*

†—After 2 hours.

American Diabetes Association

Table 2.2—Criteria for the diagnosis of diabetes

FPG ≥ 126 mg/dL (7.0 mmol/L). Fasting is defined as no caloric intake for at least 8 h.*

OR

2-h PG ≥ 200 mg/dL (11.1 mmol/L) during OGTT. The test should be performed as described by the WHO, using a glucose load containing the equivalent of 75-g anhydrous glucose dissolved in water.*

OR

A1C $\geq 6.5\%$ (48 mmol/mol). The test should be performed in a laboratory using a method that is NGSP certified and standardized to the DCCT assay.*

OR

In a patient with classic symptoms of hyperglycemia or hyperglycemic crisis, a random plasma glucose ≥ 200 mg/dL (11.1 mmol/L).

*In the absence of unequivocal hyperglycemia, diagnosis requires two abnormal test results from the same sample or in two separate test samples.



Diabetes Self-Management Education and Support

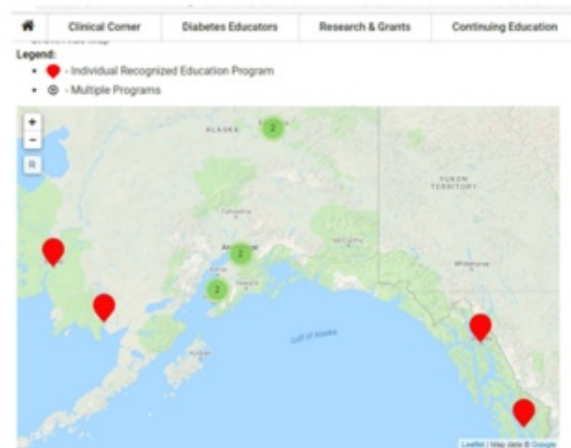
ADA
Recognized
Program

Billable
Service

Referral
Required

Staff
Educational
Requirements

Alaska's ADA ERP Programs





Billable DSMES Encounters

10 hours allowed by Medicare in the first 12 months following the first DSMES visit

Referral must include

- Topics to cover
- Hours of education
 - Up to 10 hours in year 1
 - Up to 2 in subsequent years
- Individual vs. 1:1



Credentialing/CEU Requirements

- Certified Diabetes Educator
- Board Certified-Advanced Diabetes Management
- 15 hours Continuing Education Units
- Valid license-RN, RDN, PharmD
- Paraprofessional Staff



Libre Pro Continuous Glucose Monitoring

Requires
Referral

Reimbursable
Service

Patient is
blinded

Data up to
14 days

A large red circle is centered on the page, containing the text "Refer to Diabetes Internal-CGM". To the left of the circle is a magenta diagonal shape. The background is blue with faint white lines.

Refer to Diabetes Internal-CGM



Billable Procedures

- CGM Placement or CGM Removal
- CGM Interpretation

Blinded Study

- Testing routine should continue
- Patient should maintain
 - Blood Sugar log
 - Dietary intake log
 - Activity log
 - Medication log



Interpretation Required



Medical Nutrition Therapy

"Nutritional diagnostic, therapy, and counseling services for the purpose of disease management which are furnished by a registered dietitian or nutrition professional..." (source Medicare MNT legislation, 2000). MNT is a specific application of the Nutrition Care Process in clinical settings that is focused on the management of diseases. MNT involves in-depth individualized nutrition assessment and a duration and frequency of care using the Nutrition Care Process to manage disease.

Registered
Dietitian

Requires
Referral

Billable
Service



Registered Dietitian

Dietitians are the only qualified health professionals that assess, diagnose and treat dietary and nutritional problems at an individual and wider public health level. They work with both healthy and sick people.

MNT Referral

- MD or DO
- Current labs, diagnosis, medications
- Up to 3 hours initially
- Second referral within a year is permitted



Billable Service

- Pregnant with Chronic Metabolic Condition
- Diabetes




Diabetes Village Trips

- 8 planned per month
- Lab Orders
- DSMES
- MNT
- Foot Exams



Medical Providers

- Diagnostic Criteria
 - Refer to Diabetes
 - DSMES
 - MNT
 - CGM
 - Foot Exams
 - Tobacco Use Screening
- 

Diabetes

Prevention and Control