



VISTA HEALTH PLAN, INC. and VISTA HEALTH PLAN OF SOUTH FLORIDA (“VISTA”) DIABETES CLINICAL PRACTICE GUIDELINE

I. PURPOSE

As part of our goal of providing quality care and improved health outcomes, as well as improving provider awareness, Vista supports the use of evidence-based medicine to reduce unnecessary variations in care. For diabetes management Vista has adopted the current recommendations from the American Diabetes Association, a recognized, national, expert source on diabetes management. A summary of the guideline may be accessed at: http://care.diabetesjournals.org/cgi/reprint/32/Supplement_1/S6.pdf

This is intended solely as a guide and information source. Vista recognizes that any management plan should be individualized, and developed in coordination with the physician, healthcare team, patient, and family, as deemed necessary.

Diabetes is a chronic illness that requires continuing medical care and patient self-management education to prevent acute complications and to reduce the risk of long-term complications. Diabetes care is complex and requires that many issues, beyond glycemic control, be addressed. A large body of evidence exists that supports a range of interventions to improve diabetes outcomes.

II. GUIDELINE OBJECTIVES

- To provide evidence-based principles and recommendations for diabetes therapy
- To improve care by increasing the awareness of clinicians and patients
- To provide tools to evaluate the quality of care

III. ACTION PLAN

- Vista communicates the current ADA guidelines to providers who manage members with diabetes.
- Vista communicates the current ADA guidelines to members with diabetes

IV. GUIDELINE COMPONENTS TO BE MONITORED

- Hemoglobin A1C performed annually
- Percentage of members with Hemoglobin A1c greater than 9% (poor control)
- Percentage of members with Hemoglobin A1c less than 8% (good control)
- LDL testing rates
- LDL-C control (Less than 100 mg/dL)
- Diabetic nephropathy testing
- Diabetes – eye examinations

V. INTERVENTIONS

- By evaluating claims data, Vista will collect data to verify provider and member compliance with the guideline recommendations for the above components.
- Educational information and individual provider feedback will be provided where compliance rates do not meet benchmark goals.
- All members with diabetes will be assessed for participation in the Diabetes Disease Management Program, to facilitate achievement of clinical outcome goals.

VI. CLINICAL OUTCOME GOALS

- Hemoglobin A1C level < 7.0%
- Lipid levels: LDL-C < 100 mg./dL; HDL >40 mg/dL; triglyceride < 150 mg/dL (annual testing)
- Annual eye examination
- Annual comprehensive foot examination
- Urine albumin and serum creatinine testing annually