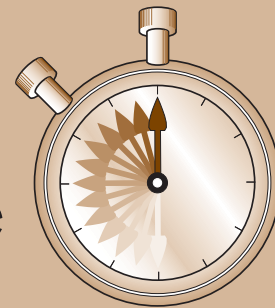




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DIABETES CARE— A 60-Second Guide



A quarterly publication provided by New Mexico Health Care Takes on Diabetes

Fall 2001

In this inaugural issue of *Diabetes Care* we address tools that can be used to facilitate screening retinal exams for your patients with diabetes. Here you will find helpful resources from:

- The New Mexico Ophthalmological Society
- The New Mexico Medical Review Association
- National Eye Institute of the National Institutes of Health

We hope these tools will be valuable as you encourage your patients with diabetes to obtain their annual dilated eye exam.

Look for the next issue of *Diabetes Care* addressing lipid profiles to be released early in 2002.

Funding for *Diabetes Care* generously provided by the American Association of Health Plans.

New Mexico Health Care Takes on Diabetes is a broad coalition of New Mexico's diabetes care professionals, New Mexico Health Plans, the New Mexico Department of Health, and the New Mexico Medical Review Association, with technical and administrative support from the American Association of Health Plans and the American Diabetes Association.

Retinal Exams a Must



The Issue:

- ❖ Diabetic retinopathy is a leading cause of blindness in American adults. 12,000–24,000 new cases of blindness occur each year due to diabetic eye disease.¹
- ❖ Persons with diabetes are 25 times more likely to become blind.
- ❖ Diabetic eye disease is preventable. Up to 90% of diabetes-related blindness could be prevented if patients with diabetes received appropriate screening and care.¹

The Current Clinical Recommendation:

The *New Mexico Health Care Takes on Diabetes 2001 Guideline* recommends that all persons with diabetes should have a dilated retinal examination by an ophthalmologist or qualified optometrist annually.*

* In some low risk patients, screening for retinopathy every two years may be an option. Readers are encouraged to obtain the full set of clinical recommendations from the American Diabetes Association website at www.diabetes.org or by contacting the ADA at 1-800-DIABETES.

New Mexico's Numbers:

- ❖ BlueCross BlueShield of New Mexico/HMO New Mexico, Cimarron Health Plan, Lovelace Health Plan, and Presbyterian Health Plan agreed to pool their data to get a snapshot of how New Mexico is doing.
- ❖ Together, these plans provide health care for nearly 791,000 New Mexicans.
- ❖ The results: Only 44% of all patients with diabetes participating in an HMO had a documented dilated eye exam performed by an ophthalmologist or optometrist in 2000.²
- ❖ For the Medicare HMO population, the rate is 60%³ and for SALUD, 51%.⁴
- ❖ According to Quality Compass® 2001, produced by the National Committee for Quality Assurance, the average rate of documented retinal eye exams in New Mexico is approximately 38%. This falls behind the national average of 48%.
- ❖ Using non-HEDIS methodology, the eye screening rate derived from Medicare fee-for-service claims in New Mexico is 63%.⁵

“These results tell us that New Mexico's clinicians have a tremendous opportunity to help prevent blindness among the approximately 105,000 New Mexicans who have diabetes.”

Alex Valdez, New Mexico Department of Health, Cabinet Secretary

¹ Diabetes: A Serious Public Health Problem At a Glance 2001. Department of Health and Human Services, Centers for Disease Control and Prevention. <http://www.cdc.gov/diabetes/pubs/glance.htm>.

² Data reported using nationally validated HEDIS® methodology. Sample is taken from a combined population of 17,692 adults insured by BCBSNM/HMONM, Cimarron Health Plan, Lovelace Health Plan, and Presbyterian Health Plan who met the HEDIS 2000 definition of diabetes. HEDIS and Quality Compass are registered trademarks of the National Committee for Quality Assurance.

³ Sample is taken from a combined population of 2,844 Medicare enrollees insured by Lovelace Health Plan and Presbyterian Health Plan who met the HEDIS 2000 definition of diabetes.

⁴ Sample is taken from a combined population of 2,728 SALUD enrollees insured by Cimarron Health Plan, Lovelace Health Plan, and Presbyterian Health Plan who met the HEDIS 2000 definition of diabetes.

⁵ Data obtained from the Centers for Medicare and Medicaid Services—reporting period April 1, 1998–March 31, 2000.

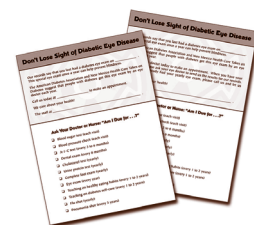
Resources for Clinicians

The following resources are FREE and can be downloaded from the New Mexico Health Care Takes on Diabetes website at <http://www.takingondiabetes.org/communitypartnership>, or contact Juli Dennis, Project Manager, at 505-796-9121 or toll-free 1-866-796-9121.

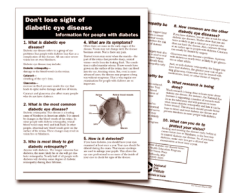
Diabetes Eye Examination Report—This form, created by the New Mexico Ophthalmological Society in collaboration with the New Mexico Medical Review Association, promotes communication between a patient's eye care professional and primary care provider, assists with tracking, and promotes the maintenance of comprehensive medical records. Give this form to your patients with diabetes and encourage them to have their eye care professionals complete it and return it to the PCP's office following their annual exam. This form can also be found on the New Mexico Ophthalmological Society's website at www.nmos.org.



Patient Reminder Cards—The use of reminder cards is an effective strategy to encourage patients to receive care and facilitate communication between health care professionals and their patients with diabetes. New Mexico Health Care Takes on Diabetes provides these in two different formats as samples for use by either primary care providers or eye care professionals. These reminder cards, written in an easy-to-read format, encourage your patients with diabetes to visit their ophthalmologist or qualified optometrist to receive their annual dilated retinal exam. If patients have already received their annual screening, they are encouraged to share exam results with the PCP's office in an effort to maintain comprehensive medical records.



Patient Education Brochure—Patients with diabetes look to you for guidance and your recommendation carries a great deal of influence. You can offer your patients this educational piece designed by the National Eye Institute, one of the federal government's National Institutes of Health. This piece describes diabetic eye disease to your patients simply and clearly. It addresses such topics as what diabetic retinopathy is, its symptoms, how it is detected, treatment options, and preventive measures. A comparative piece is also available in Spanish. These materials do not have copyright restrictions.



WEBSITES *These organizations' websites have information regarding diabetic eye disease and treatment that you may find of value.**

- ❖ American Diabetes Association—http://www.diabetes.org/main/type2/complications/retinopathy/eye_care.jsp
- ❖ American Foundation for the Blind—http://www.afb.org/info_document_view.asp?documentid=195
- ❖ Juvenile Diabetes Research Foundation International—http://www.jdf.org/living_w_diabetes/pages/eyes.php
- ❖ American Optometric Association—<http://www.aoanet.org>, click on "Keeping Your Eyes Healthy" on the left, then choose "Eye Diseases." Then you can click on diabetic retinopathy.
- ❖ National Institute of Diabetes and Digestive and Kidney Diseases—<http://www.niddk.nih.gov/health/diabetes/pubs/complications/eyes/eyes.htm>
- ❖ Prevent Blindness America—http://www.preventblindness.org/eye_problems/diabetic_retFAQ.html
- ❖ Centers for Disease Control and Prevention—<http://www.cdc.gov/diabetes/pubs/tcyd/eye.htm>

* Please note that these websites do not necessarily represent the views of the New Mexico Health Care Takes on Diabetes coalition. They are listed for your reference and convenience. NMHTOD does not evaluate websites for content accuracy or applicability to any clinical situation.

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Don't Lose Sight of Diabetic Eye Disease

Our records say that you last had a diabetes eye exam on _____ .
This special eye exam once a year can help prevent blindness.

The American Diabetes Association and New Mexico Health Care Takes on Diabetes suggest that people with diabetes get this eye exam by an eye doctor each year.

Call us today at _____ to make an appointment.

We care about your health!

The staff at _____ .

Ask Your Doctor or Nurse: "Am I Due for . . .?"

- Blood sugar test (each visit)
- Blood pressure check (each visit)
- A-1-C test (every 3 to 6 months)
- Dental exam (every 6 months)
- Cholesterol test (yearly)
- Urine protein test (yearly)
- Complete foot exam (yearly)
- Eye exam (every year)
- Teaching on healthy eating habits (every 1 to 2 years)
- Teaching on diabetes self-care (every 1 to 2 years)
- Flu shot (yearly)
- Pneumonia shot (every 5 years)

Don't Lose Sight of Diabetic Eye Disease

Our records say that you last had a diabetes eye exam on _____.
This special eye exam once a year can help prevent blindness.

The American Diabetes Association and New Mexico Health Care Takes on Diabetes suggest that people with diabetes get this eye exam by an eye doctor each year.

Call your eye doctor today to make an appointment. When you have your eye exam, please ask your eye doctor to send us the results for our records. If you have already had your yearly eye exam, please call us and let us know.

We care about your health!

The staff at _____ .

Ask Your Doctor or Nurse: "Am I Due for . . .?"

- Blood sugar test (each visit)
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