Wyoming Clinical Practice Recommendations for Diabetes Mellitus

SECOND EDITION
2008

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CLINICAL RECOMMENDATIONS COMMITTEE

Welcome to the second edition of the Wyoming Clinical Practice Recommendations for Diabetes Mellitus. These recommendations are intended for use by primary care professionals and meant to be basic guidelines, not enforceable standards.

The Wyoming Diabetes Clinical Practice Recommendations Committee, in conjunction with the Wyoming Diabetes Prevention and Control Program, initially produced the recommendations as part of a statewide effort to improve the health care of people with diabetes. The Wyoming Diabetes Prevention and Control Program is coordinated by the Wyoming Department of Health and funded by a cooperative agreement from the Centers for Disease Control and Prevention.

These recommendations are offered in support of best practices consistent with current scientific knowledge. We encourage providers to modify these recommendations to meet the unique needs of each person with diabetes. These recommendations will be appropriate for treatment of most children and adults with diabetes most of the time, and the need for major modifications should not be common.

COMMITTEE MEMBERS

Babak Pazooki, MD, MSc
Wyoming Endocrine and Diabetes Clinic, Casper

Eric Wedell*, MD, FACP, FACE
Retired Endocrinologist, Cheyenne

Kim Handley*, RD, CDE
Campbell County Memorial Hospital, Gillette

Mary M. Hawkins, APRN, FNP, CDE, BC-ADM
Cheyenne Regional Medical Center, Cheyenne

Tim Seeley, RPh
Powell Valley Health Care, Powell

Dian True*, RN, MA, CDE
Cody Clinic, Cody

Star Morrison, MS, RD
Diabetes Prevention and Control Program, Cheyenne

Betty Holmes, MS, RD
Diabetes Prevention and Control Program, Cheyenne

Wanda Webb*, MHA, BSN
Diabetes Prevention and Control Program, Cody

* denotes original committee member
previous committee members included Tom Repas, DO; Ronda Eagleson, MN, RN, FNP-C; & Linda Chasson, MS

MISSION STATEMENT
PURPOSE AND GOAL

The number of patients with diabetes mellitus is growing dramatically every year. By placing importance on the excellence of care in persons with diabetes, the State of Wyoming recognizes that implementation of these standards will result in a reduction of morbidity and mortality associated with diabetes.

The purpose of these clinical recommendations is to assist in providing the highest level of care possible for the screening, management, and treatment of individuals with diabetes and related disorders.

The goal of this document is to provide a succinct, concise, and up-to-date set of recommendations for use by all health care practitioners in the State of Wyoming.

THE FOLLOWING ORGANIZATIONS SUPPORT THESE RECOMMENDATIONS:

Wyoming Association of Diabetes Educators

Wyoming Chapter, American College of Physicians

Wyoming Medical Society

Wyoming Pharmacy Association

Wyoming Podiatric Medical Association

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GLOSSARY OF ABBREVIATIONS

A1c	Hemoglobin A1c
AACE	American Association of Clinical Endocrinologists
AAP	American Academy of Pediatrics
ACE	Angiotensin Converting Enzyme
ACIP	Advisory Committee on Immunization Practices
ADA	American Diabetes Association
AHA	American Heart Association
ARB	Angiotensin II Receptor Blocker
BG	Blood Glucose
BMI	Body Mass Index
BUN	Blood Urea Nitrogen
CAD	Coronary Artery Disease
CDC	Centers for Disease Control and Prevention
CDE	Certified Diabetes Educator
CHF	Congestive Heart Failure
CVD	Coronary Vascular Disease
DBW	Desirable Body Weight
DKA	Diabetic Ketoacidosis
DM	Diabetes Mellitus
DSM-IV	Diagnostic and Statistical Manual of Mental Disorders, 4th Edition
DSMT	Diabetes Self-Management Training
ECG	Electrocardiogram
FDA	U.S. Food and Drug Administration
GCT	Glucose Challenge Test
GDM	Gestational Diabetes Mellitus
GFR	Glomerular Filtration Rate
GI	Gastrointestinal
HDL	High Density Lipoprotein
HHS	Hyperosmolar Hyperglycemic State
IFG	Impaired Fasting Glucose
IGT	Impaired Glucose Tolerance
LADA	Latent Autoimmune Diabetes of Adulthood
LDL	Low Density Lipoprotein
LFT	Liver Function Test
MNT	Medical Nutrition Therapy
NCEP	National Cholesterol Education Program
OGTT	Oral Glucose Tolerance Test
PCOS	Polycystic Ovarian Syndrome
PDR	Proliferative Diabetic Retinopathy
PG	Pregnancy
RD	Registered Dietitian
RPE	Rating of Perceived Exertion
SMBG	Self-Monitoring Blood Glucose
TSH	Thyroid Stimulating Hormone
UA	Urinalysis
WHO	World Health Organization

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Chris Bartholomew, RN, MS, School Nurse	CHEYENNE
V. Raja Chandra*, MD, Family Practice	RAWLINS
Lonny Dobler, Pharm D	BEDFORD
Liz Fabrizio, MS, RD, CDE	CODY
Ken Ferbrache*, PA-C	LOVELL
D. Hugh Fraser*, DPM	CODY
Steven D. Helgerson*, MD, MPH	HELENA, MT
Randolph Johnston*, MD, Ophthalmologist	CHEYENNE
G. Chris Krell*, MD, Family Practice	KEMMERER
Alicia LePard, RN, MSN, MBA, CDE, BC-ADM	GILLETTE
Sid Muller*, ACE Clinical Exercise Specialist	WORLAND
Sunil Nayak, MD, Pediatric Endocrinologist	GILLETTE (OUTREACH FROM DENVER)
Tom Repas, DO, FACP, CDE	NEENAH, WI
Lucy Stacy*, MS, RD, CDE	CHEYENNE
Michael Tracy*, MD, IM, Pediatrician	POWELL

Previous reviewers: Marcia Dale, Robert J. Davis, Ray Johnson, Michael Jording, Bonnie Randolph, Maria Rhodebaugh, Elizabeth Ridgway, Derrick Walton, Lisa Williams and Mark Wurzel

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