

Diabetes Care Begins with Diabetes Prevention

Call to Action

July 11, 2018

Call to Action: Prediabetes

Counsel your patients that prediabetes is a potentially reversible condition, and one that you can help them manage effectively by:

1. Screening and identifying patients with prediabetes
2. Referring them to a Diabetes Prevention Program (DPP)

(Initiating Metformin in addition to lifestyle changes is another treatment option.) * Please be aware, initiating metformin therapy may automatically classify the patient as diabetic in some payer programs.

Call to Action: Goals

- ▶ Increase the number of people– providers and patients– who are educated in the identification and treatment options.
- ▶ Identify patients with pre–diabetes and appropriately code using ICD–10 codes.
- ▶ Increase the number of pre–diabetics that attend a DPP.

Call to Action: Identify

The Diabetes Prevention Program (DPP) is open to individuals who meet the following requirements:

- ▶ Have no previous diagnosis of type 1 or type 2 diabetes **AND**
- ▶ Are at least 18 years old **AND**
- ▶ Are overweight (body mass index equal to or greater than 25; equal to or greater than 23 if Asian) **AND**

Meet one of the following:

- ❖ Have a blood test result in the prediabetes range within the past year:
 - Hemoglobin A1C: 5.7%–6.4% **OR**
 - Fasting plasma glucose: 100–125 mg/dL* **OR**
 - Two-hour plasma glucose (after a 75gm glucose load): 140–199 mg/dL **OR**
- ❖ Be previously diagnosed with gestational diabetes

Call to Action: Process to Identify

Point of Care– At Office Visit	Retrospective Review
<ol style="list-style-type: none">1. Determine if patient meets criteria for prediabetes.2. Order diagnostic tests if appropriate.3. If patient meets criteria: educate on risk status and treatment options.4. Refer to DPP program or initiate other agreed upon treatment options.5. Code - Prediabetes: R 73.036. Develop process for tracking DPP participation and follow-up.	<ol style="list-style-type: none">1. Use your Electronic medical record to compile a list of patients who meet criteria for prediabetes.2. Outreach- Send letter (consider including an order for diagnostic testing if appropriate), make phone calls,3. If patient meets eligibility criteria: make office appointment, refer to care manager, refer to DPP program, or initiate treatment plan.4. Code- Prediabetes R73.035. Develop process for tracking DPP participation and follow-up.

Call to Action: Coding

ICD - 10 Code	ICD - 10 Code Description
R73	Elevated blood glucose level
R73.01	Impaired fasting glucose
R73.02	Impaired glucose tolerance (oral)
R73.03	Prediabetes
R73.09	Other abnormal glucose



Call to Action: Refer

Diabetes Prevention Programs: Are offered in a variety of settings, such as community organizations, hospitals, churches, and YMCAs. Employers often provide classes. To locate a program, visit doihaveprediabetes.org or mihealthyprograms.org. To locate an Ascension affiliated program go to: Healthcare.ascension.org/events

Program Cost: Many insurance companies cover the cost.

**Note: To qualify for Medicare reimbursement, the fasting plasma glucose must be >110.*

Contacts:

For more Information Contact:

Fran Burley at The Physician Alliance:

Francine.burley@thephysicianalliance.org or
586-498-3588

To locate a program near you go to:

doihaveprediabetes.org or mihealthyprograms.org

To register for an Ascension affiliated program go to:

Healthcare.ascension.org/events

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How to apply for CME

- ▶ Instructions to claim your *AMA PRA Category 1 Credit™*
- ▶ Type the following link into your browser to be directed to the **AMA Education Center**:
 - ▶ <https://cme.ama-assn.org/Activity/6496147/Detail.aspx>
 - ▶ Access code: **8888**
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