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Diabetes Resources

Practical Information for New Mexico Health Care Professionals



A quarterly publication for clinicians caring for people with diabetes - Vol. 15 No. 9, 2011

Hypertension—Back to the Basics

In each issue of **Diabetes Resources** we have provided specific information about management for diabetes, including important tests and resources to help reduce complications associated with the disease. Information is included about the ABCs of diabetes: **A1C testing 2-4 times per year, Blood pressure screening at every visit, and annual Cholesterol testing. Additional clinical information is also provided. A dilated eye exam, sensory foot exam and screening for kidney disease are each recommended annually. Attention to these risk factors reduces the chance for cardiac, renal, eye and vascular disease secondary to diabetes.**

In support of the **New Mexico Adult Diabetes Practice Guideline 2011**, please see the reverse side of **Diabetes Resources** for recommendations for care including resources and tools that can help in your efforts to provide education and support among your patients with diabetes.

Check www.nmtod.org for organizations that have graciously provided funding for **Diabetes Resources**.

New Mexico Health Care Takes On Diabetes, a New Mexico non-profit corporation, 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 Diabetes Association.

The Issue:

- ❖ Hypertension is twice as common in people with diabetes. Some studies estimate the majority of the risk of diabetes complications is attributable to concomitant hypertension.
- ❖ If you bring blood pressure down by 10 mmHg, you can reduce the relative risk of death by 15%, microvascular complications by 13%, and myocardial infarction by 11%.¹ Medication management is usually indicated, with strong evidence supporting the consideration of ACEI and ARB class drugs. There are no absolute contraindications to any class of anti-hypertensive agent solely because of diabetes, including the beta-blockers.
- ❖ Weight reduction lowers blood pressure, in addition to improving blood glucose and lipid control. Losing one kilogram of body weight can decrease mean arterial blood pressure by 1 mmHg.²

The Current Clinical Recommendation:

The *New Mexico Adult Diabetes Practice Guideline 2011* recommends that all people with diabetes have a blood pressure check at every visit to their health care professionals. The goal is a blood pressure of < 130/80 mm Hg.³

Did you know?

The presence of hypertension doubles the risk of cardiovascular disease, compared to having diabetes without hypertension.

New Resource Available:

Reducing Cardiometabolic Risk: Patient Education Tool Kit

To assist with your educational efforts, a comprehensive kit of reproducible patient education handouts on topics related to cardiometabolic risk reduction, pre-diabetes, diabetes, and CVD. Developed by the American Diabetes Association, American College of Cardiology and Preventive Cardiovascular Nurses Association, the kit covers 29 topics and is available in English and in Spanish. A CD-ROM version of this toolkit is also available.

Request a copy on CD:

http://professional.diabetes.org/ResourcesForProfessionals.aspx?cid=77080&utm_source=offline&utm_medium=print&utm_campaign=RCLR

¹United Kingdom Prospective Diabetes Study (UKPDS).

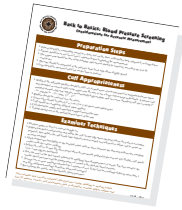
²Diabetes Care 2008, 31:S1-S2.

³Based on The American Diabetes Association's Clinical Practice Recommendations of January 2010.

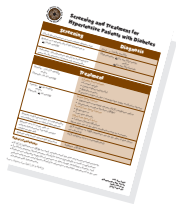
Resources for Clinicians

The following resources are FREE and can be downloaded from the New Mexico Health Care Takes On Diabetes website at www.nmtod.org. For further information contact Charm Lindblad, Executive Director, at 505.796.9121 or toll-free 1.866.796.9121.

Blood Pressure Screening: A Step-by-Step Guide—Measuring blood pressure is a basic fundamental skill, yet often performed inaccurately. Various levels of personnel from medical assistants to nurses are responsible for taking patients' blood pressures, but many have not been trained appropriately. This simple step by step guide describes a technique that will help produce accurate readings by which the provider can base a management plan. It can also serve as a training guide for new staff learning this skill for the first time. There are no copyright restrictions. This form can be found on the New Mexico Health Care Takes On Diabetes website.



Screening and Treatment for Hypertensive Patients with Diabetes: A One-Page Tool—This simple table outlines the ADA recommendations for blood pressure screening, diagnosis, and treatment for patients with diabetes. How often should blood pressure be screened in this population? At what systolic and diastolic levels are lifestyle modifications recommended? When should antihypertensive medications be prescribed and what are the current drugs of choice? This one page guide summarizes these recommendations to assist providers with managing their diabetes patients with hypertension. There are no copyright restrictions. This form can be found on the New Mexico Health Care Takes On Diabetes website.



Diabetes and Cardiovascular Disease Provider Reference Guide—Physicians can feel overwhelmed and frustrated by the daunting task of addressing diabetes with their patients given the physical, emotional, social and environmental factors associated with this disease. In an effort to address these issues and improve patient care and outcomes, this reference guide was developed in cooperation with expert panels of physicians and other health care providers to determine the most effective ways to prevent, assess and treat diabetes and related cardiovascular disease. access the Reference Guide at www.thecmafoundation.org/projects/aped/Provider_DiabetesRefGuide2010.html.

Websites—The editorial committee has identified websites that you may find informative:

- ❖ American Heart Association, Heart of Diabetes Program: www.americanheart.org/diabetes
- ❖ NM Department of Health, Diabetes Prevention and Control Program: www.diabetesnm.org
- ❖ American Stroke Association: www.strokeassociation.org
- ❖ Centers for Disease Control and Prevention (CDC) Heart Disease page: www.cdc.gov/HeartDisease/
- ❖ American College of Cardiology: www.acc.org
- ❖ National Diabetes Education Program: www.ndep.nih.gov
- ❖ American Diabetes Association: www.diabetes.org
- ❖ National Institute of Diabetes and Digestive and Kidney Disease, National Institute of Health: www.niddk.nih.gov/health/diabetes/diabetes.htm
- ❖ National Institutes of Health: www.diabetes.niddk.nih.gov

These websites may be accessed directly or through the New Mexico Health Care Takes On Diabetes website www.nmtod.org.*

*Please note that these websites do not necessarily represent the views of NMHCTOD. They are listed for your reference and convenience. NMHCTOD does not evaluate websites for content accuracy or application to any clinical situation.

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