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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 2010*, 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](http://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.

# Diabetes Resources

## Practical Information for New Mexico Health Care Professionals



A quarterly publication for clinicians caring for people with diabetes - Vol. 13 No. 9, 2010

## Hypertension—Back to the Basics

### 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%.<sup>1</sup> 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.<sup>2</sup>

### The Current Clinical Recommendation:

The *New Mexico Health Care Takes On Diabetes Adult Practice Guideline 2010* 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.<sup>3</sup>

### Did you know?

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

**Websites**—The editorial committee has identified a select number of websites about blood pressure that we think you will find informative:

- ❖ National Diabetes Education Program: [www.ndep.nih.gov](http://www.ndep.nih.gov)
- ❖ American Diabetes Association: [www.diabetes.org](http://www.diabetes.org)
- ❖ National Institute of Diabetes and Digestive and Kidney Disease, National Institute of Health: [www.niddk.nih.gov/health/diabetes/diabetes.htm](http://www.niddk.nih.gov/health/diabetes/diabetes.htm)

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

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

<sup>1</sup> United Kingdom Prospective Diabetes Study (UKPDS).

<sup>2</sup> Diabetes Care 2008, 31:S1-S2.

<sup>3</sup> Based on The American Diabetes Association's Clinical Practice Recommendations of January 2005.

# 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](http://www.nmtod.org). For further information contact Charm Lindblad, Executive Director, at 505.796.9121 or toll-free 1.866.796.9121.

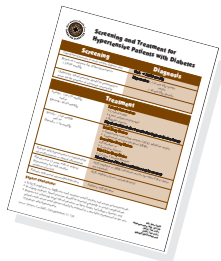
## Blood Pressure Screening: A Step-by-Step Guide—

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.



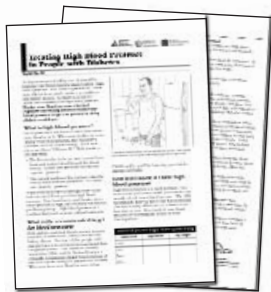
## Screening and Treatment for Hypertensive Patients with Diabetes: A One-Page Tool—

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.



## Make the Link! High Blood Pressure and Diabetes: A Patient Handout—

This patient education tool created by the American Diabetes Association and the American College of Cardiology clarifies for patients why managing their blood pressure is so important, particularly for those who have diabetes. Written at a low literacy level, this handout describes the impact that high blood pressure has on patients with diabetes and suggests ways to lower their pressure. It also has space for patients to record their pressures and develop an action plan. There are no copyright restrictions. This form can be found on The American Diabetes Association website at <http://professional.diabetes.org/UserFiles/File/Make%20the%20Link%20Docs/CVD%20Toolkit/16-Treating-HBP.pdf> or call 1.800.DIABETES (342.2383).



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