

Clinical Practice Initiatives

Diabetes

NaviCare® HMO SNP, a Medicare Advantage Special Needs Plan and NaviCare® SCO, a Senior Care Options program, both from Fallon Health (Fallon), have endorsed the American Diabetes Association's Standards of Medical Care in Diabetes for Older Adults. This position statement can be found at <http://fallonhealth.org/providers/medical-management/health-care-guidelines.aspx>.

Preventive patient education

NaviCare may provide the following educational information to your patients and their caregivers:

- Reinforcement of healthy lifestyle changes including the importance of having routine follow-up visits, taking medication(s) as prescribed, maintaining a healthy diet for weight management, following exercise recommendations, smoking cessation, and avoidance of secondhand smoke and alcohol consumption
- Psychosocial adjustment in living with a chronic illness
- Importance of pharmacotherapy management, along with regular follow-up visits, to support disease self-management, blood pressure control of <140/90 mm Hg, and having BP checked at each office visit
- Importance of an annual influenza vaccine
- Importance of pneumococcal vaccines on or after age 65, according to current guidelines
- Importance of smoking cessation
- Symptoms of hypoglycemia, hyperglycemia
- Importance of receiving an annual hemoglobin A1c screening and A1c level goal, based on the patient's overall functional status and medical condition
- Importance of remaining on statin medication (if prescribed)
- Importance of receiving annual retinal eye exams
- Annual nephropathy attention: ACE inhibitor or ARB therapy or microalbuminuria testing and blood tests for potassium and creatinine for patients on ACE inhibitor or ARB medications
- Importance of regular foot exams

Clinical indicators

When evaluating your performance, Fallon will utilize the following indicators: The percentage of your diabetic patients ages 65-75:

- With, at a minimum, one hemoglobin A1c test performed annually
- Who were dispensed a statin medication and remained on the statin medication
- Who had an annual retinal eye exam
- Who had a blood pressure less than 140/90 mm Hg
- Who are on an ACE Inhibitor/ARB medications and had an annual serum K+ and a serum creatinine
- Who are on an ACE Inhibitor/ARB therapy or have had an annual microalbuminuria test

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Monday through Friday from 8:30 a.m. to 5 p.m.

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