



Diabetes



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Diabetes Standards of Care

A: A1C

- ✓ < 7.0 Fasting 4.4 - 7.2
- ✓ < 7.5 Fasting 5.0 - 7.2
- ✓ < 8.0 Fasting 5.0 - 8.3
- ✓ Post-prandial < 10.0
- ✓ Pre-dinner < 8.3

B: Blood Pressure

- ✓ < 140/90
- ✓ If HTN start 1st line med

C: Cholesterol

- ✓ Start low-moderate statin if ASCVD ≥ 10%

D: Drugs

- ✓ Metformin/sitagliptin
- ✓ Metformin/dapagliflozin
- ✓ Pioglitazone
- ✓ Daonil/Glimiperide
- ✓ NPH, 70/30, R

E: Eyes

- ✓ Retinopathy screening every 2 years

A1c

14

13

12

11

10

9

8

7

6

RBS

19.7

18.1

16.5

14.9

13.3

11.8

10.2

8.5

7.0

F: Foot

- ✓ Examine skin, pulses, and sensation yearly

G: Give up smoking

- ✓ Encourage cessation

H: Heart

- ✓ Start aspirin 75mg if history of MI or CVA

I: Immunizations

- ✓ Pneumonia, Hepatitis B, Flu and COVID vaccines

K: Kidney

- ✓ Creatinine and GFR (U/Cr) yearly
- ✓ Urine protein yearly

L: Lifestyle

- ✓ 150 min of activity/week
- ✓ Balanced diet – my plate

N: NHIMA

