

Diabetes

The University of Zambia School of Public Health \circ Family Medicine MMed Program



Diabetes Standards of Care

A: A1C

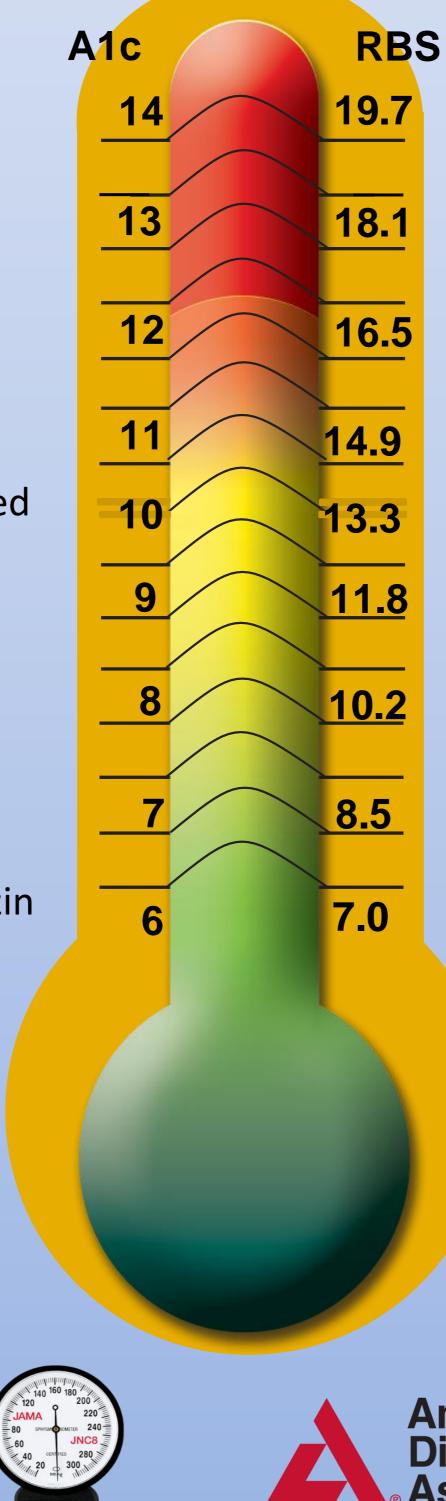
- ✓ < 7.0 Fasting 4.4 7.2
- ✓ < 7.5 Fasting 5.0 7.2</p>
- ✓ < 8.0 Fasting 5.0 8.3
- ✓ Post-prandial < 10.0</p>
- ✓ Pre-dinner <8.3</p>

B: Blood Pressure

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

C: Cholesterol

✓ Start low-moderate
 statin if ASCVD ≥ 10%



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

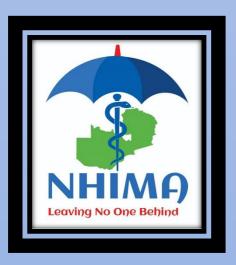
✓ Pneumonia, Hepatitis B,

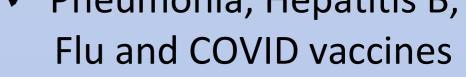
D: Drugs

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

E: Eyes

 Retinopathy screening every 2 years





K: Kidney

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

L: Lifestyle

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

N: NHIMA



