

Prediabetes Roadmap

Goals

Define goals for a prediabetes program using evidence-based guidelines



CQMs

Utilize appropriate clinical quality measures to track prediabetes



Documentation

Define the key types of documentation required in the EHR and claims



Optimizing

Implement best practices for managing prediabetes within the practice



Population Health

Identify and effectively manage your prediabetic patient population



Provider Tips

Tips and tricks to better manage your prediabetic population



Managing Disparities

Know and address the challenges of patients with prediabetes



Coding Considerations

Document Prediabetes and social determinants of health



Federal & State Initiatives

Federal and state programs to increase diabetes prevention



Resources

Available prediabetes resources for providers and patients



GOALS

- To reduce risks factors causing Prediabetes
- To improve preventive services regarding Prediabetes
- To improve patient's health literacy about Prediabetes



Documentation

- Document medical risk factors such as family history of diabetes, obesity, or history of gestational diabetes
- Document lab tests as structured data
- Create templates for use with patients who are pre-diabetic



Population Health

- Clinical Information Systems (e.g. registries) that can provide patient-specific and population-based support to the care team
- Assess social context (i.e. food insecurities, housing stability, and financial barriers) and apply that information to treatment decisions
- Adopt a patient-centered communication style that includes patient preferences, assesses health literacy, and addresses cultural barriers to care



Managing Disparities

- Address specific groups in the community
- Wellness programs
- Educational programs
- Preventive care services



Resources

- Prevent Diabetes STAT - <https://preventdiabetesstat.org/>
- NDPP Coverage Toolkit - <https://coveragetoolkit.org/>
- NCQA: Diabetes Recognition Program (DRP). <https://www.ncqa.org/programs/health-care-providers-practices/diabetes-recognition-program-drp/>



*CQMs

- Screening for Abnormal Blood Glucose in Overweight/Obese Patients
- Screening for Abnormal Blood Glucose in High Risk Patients
- Intervention for Prediabetes
- Retesting of Abnormal Blood Glucose in Patients with Prediabetes



Optimizing

- Identify barriers in the EHR system
- Optimize health literacy/education
- Patient portal access
- Develop EHR templates/Order sets



Provider Tips

- Personal Care Plan addressing personal goals, clinical goals, including exercise plan, diet plan, medication adherence, and modifying habits such as smoking cessation and reducing use of alcohol and salt



Coding Considerations

- Document code R73.03 for Prediabetes
- Use Z codes for family history & social determinants of health



Federal & State Initiatives

- National Diabetes Prevention Program (DPP)
- ADA recognized/AACRE accredited Diabetes Self-Management Education and Support
- 6|18 Initiatives Diabetes



* Measures developed and proposed by the American Medical Association's (AMA) Prediabetes Quality Measures Technical Expert Panel.

For more information on the project and additional resources, please visit the HealthARCH project website at: www.healtharch.org/improvingthehealthoffloridians