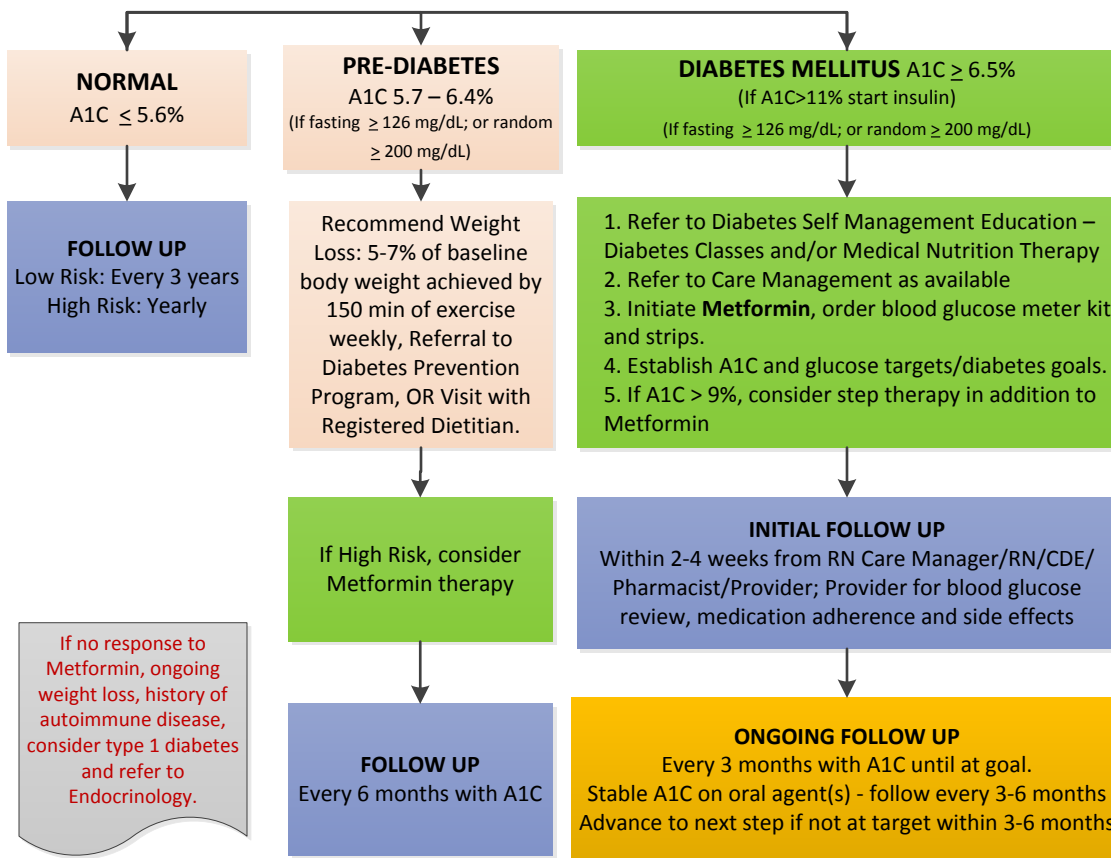


UW Medicine Type 2 Diabetes Care Pathway

Adult aged ≥ 18
Begin testing based on Diabetes Risk Factors



Step Therapy for Medication Management (*Titrate to clinically effective dose*)

1. **METFORMIN**
If not tolerated or if contraindicated, select from Step Therapy below
2. **STEP THERAPY**
Metformin plus Oral Agent, Non-Insulin Injectables, or Basal Insulin
 - Try first: SULFONYLUREA: Glipizide, Glimepiride
 - Others: THIAZOLIDINEDIONE: Pioglitazone
 - SGLT2 INHIBITORS: Canagliflozin, Dapagliflozin, Empagliflozin, Ertugliflozin
 - DDP4 INHIBITORS: Alogliptin, Linagliptin, Sitagliptin
 - GLP1 AGONISTS: Exenatide, Lixisenatide, Liraglutide, Dulaglutide, Semaglutide
3. **INSULIN THERAPY**
Follow up every 3 months

Diabetes Diagnostic Testing

MEASURE one of the following:

1. Plasma glucose (venous)
 - If: Fasting ≥ 126 mg/dL
 - Or: Random ≥ 200 mg/dL
2. HbA1c (not covered by Medicare as first diagnostic test)

Diabetes Risk Factors

- BMI >35 kg/m², age <60 years
- Asian Americans BMI >25kg/m² or >23kg/m², age ≥45
- African American, Latino, Native American, Asian American, Pacific Islander race/ethnicity.
- History of gestational diabetes, PCOS, HTN, CVD, physical inactivity
- Family history of diabetes in first degree family member
- A1C rising despite lifestyle intervention

Diabetes Management Goals

Glycemic goal: For most patients, target A1C~7%

Blood glucose targets should be individualized; Targets can be adjusted based on age, duration of diabetes, coexisting comorbidities, diabetes complications and hypoglycemia risk. At every visit, check for:

- Blood glucose targets – fasting glucose 80-120 mg/dL, OR <180 mg/dL 2 hrs after meal
- Blood Pressure: Goal <140/90mmHg
- Age ≥ 40 years - ensure statin therapy at appropriate intensity
- Monitor adherence to medication therapy and self management

Diabetes Health Monitoring (Care Management)

- Nutrition/Meal Planning
- Physical Activity-150+ min of exercise weekly
- Monitor blood glucose
- Medication – choices, actions, side effects
- Risk reduction – smoking cessation and foot care
- Strategies to promote health and behavior changes
- Address psychosocial issues
- Monitor for diabetes distress

Diabetes Orders

- | | |
|---|--|
| One Time <ul style="list-style-type: none"> • Blood Glucose Meter | Yearly <ul style="list-style-type: none"> • Lipids • Serum creatinine • Urine microalbumin/creatinine ratio • Foot exam • Retinal eye exam • Education, nutrition, and emotional needs (PHQ2) |
| Ongoing <ul style="list-style-type: none"> • A1C every 3-6 months • Supply for testing strip and lancets | |