

### Diabetes Quality Measures

According to the Centers for Disease Control and Prevention, diabetes affects 37.1 million adults in the United States (14.7%) and is the number one cause of kidney failure, lower-limb amputations and adult blindness.<sup>1</sup> To promote diabetes control and prevent serious complications, the American Diabetes Association recommends the following guidelines:<sup>2</sup>

1. Assess hemoglobin A1c (A1C) at least twice a year in patients who are meeting treatment goals and have stable glycemic control, and quarterly in those not meeting treatment goals or with treatment changes.
2. Measure blood pressure (BP) at every routine clinical visit.
3. Monitor urinary albumin and estimated glomerular filtration rate annually.
4. Perform a dilated comprehensive eye exam every one-to-two years to screen for retinopathy, and at least annually if retinopathy is present.
5. Screen for peripheral neuropathy annually.
6. Complete a comprehensive foot evaluation annually.

The National Committee for Quality Assurance has four important Healthcare Effectiveness Data and Information Set (HEDIS) quality measures that examine A1C and BP control, as well as monitoring of eye and kidney health in members with diabetes (type 1 and 2) during the measurement year.<sup>3</sup>

#### HEDIS Quality Measures<sup>3</sup>

	<b>Hemoglobin A1c Control for Patients with Diabetes (HBD)</b>	<b>Blood Pressure Control for Patients with Diabetes (BPD)</b>	<b>Eye Exam for Patients with Diabetes (EED)</b>	<b>Kidney Health Evaluation for Patients with Diabetes (KED)</b>
<b>Description</b>	Percentage of members whose A1C was under control (<8.0%) or in poor control (>9.0%)	Percentage of members whose BP was adequately controlled (<140/90 mmHg)	Percentage of members who had retinal eye exam	Percentage of members who had kidney health evaluation, defined as: estimated glomerular filtration rate (eGFR) <b>and</b> urine albumin-creatinine ratio (uACR) <b>or</b> urine albumin test and urine creatinine test ≤4 days apart
<b>Ages</b>	18–75 years of age			18–85 years of age
<b>Inclusion Criteria</b>	<ul style="list-style-type: none"> <li>• Acute inpatient encounter<sup>^</sup> or discharge with a diagnosis of diabetes <b>OR</b></li> <li>• Two of the following with a diagnosis of diabetes: outpatient, observation, or telephone visits; e-visits or virtual check-ins; nonacute inpatient encounters<sup>^</sup> or discharges <b>OR</b></li> <li>• Dispensed insulin or hypoglycemics/antihyperglycemics</li> </ul>			
<b>Exclusion Criteria</b>	For HBD <sup>#</sup> , BPD <sup>#</sup> , EED <sup>#</sup> and KED: <ul style="list-style-type: none"> <li>• Hospice, palliative care</li> <li>• 66 years and older in I-SNP, or LTI flag, or with frailty and advanced illness</li> </ul>		For KED only: <ul style="list-style-type: none"> <li>• ESRD, dialysis</li> <li>• 81 years and older with frailty</li> </ul>	

<sup>^</sup>Telehealth not included; <sup>#</sup>Members who do not have a diagnosis of diabetes and have polycystic ovarian syndrome, gestational or steroid-included diabetes are excluded; I-SNP = institutional special needs plans; LTI = long term institution; ESRD = end stage renal disease

#### How can I help improve performance?

- Ensure proper labs are ordered (A1C, eGFR, uACR) and follow up with patients to discuss results.
- Coordinate care with appropriate specialists as needed (e.g., endocrinologist, nephrologist, optometrist/ophthalmologist).

#### References

1. National Diabetes Statistics Report. Centers for Disease Control and Prevention. Updated January 18, 2022. Available at: <https://www.cdc.gov/diabetes/data/index.html>. Accessed 5/13/2022.
2. American Diabetes Association. Standards of Medical Care in Diabetes—2022. Jan 2022;45(Supp 1).
3. National Committee for Quality Assurance (NCQA). HEDIS MY 2022, Volume 2. Technical Specifications for Health Plans.

Medi-Cal Educational Bulletins are available through the CalOptima website at [www.caloptima.org](http://www.caloptima.org): Providers-Medi-Cal Pharmacy Resources

The CalOptima Approved Drug List is available on our website: [www.caloptima.org](http://www.caloptima.org) and for PDA download at [www.epocrates.com](http://www.epocrates.com)