

# Condition Management for Persons with Diabetes

According to the World Health Organization, diabetes is one of the most costly and highly prevalent chronic diseases in the U.S.<sup>1</sup> Proper management is essential to control blood glucose and reduce risks for preventable complications.

The Centers for Medicare & Medicaid Services (CMS) has identified several diabetes-related quality measures to support patient health with regard to Comprehensive Diabetes Care for type 1 or type 2 diabetes, as listed below. Humana supports physicians by identifying quality care opportunities while providing tools and resources to assist patients with self-care.

## Diabetes quality opportunities

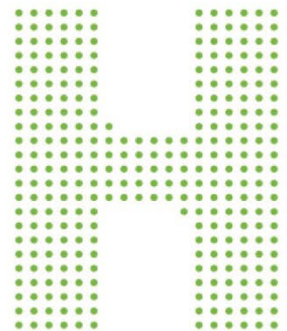
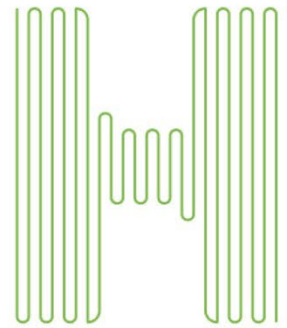
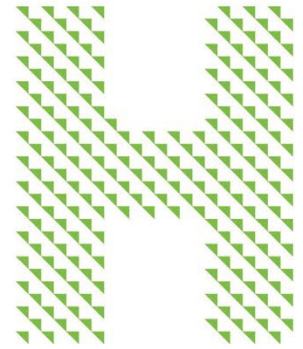
- **Blood Sugar Controlled (HBD)** (formerly CDC-HbA1c) – Monitor and document the most recent HbA1c result as a numeric value (with date of service), aiming for a result of 9% or less.
- **Diabetic Eye Exam (EED)** (formerly CDC-Eye) – Ensure that patients receive an eye exam (retinal or dilated) performed by an optometrist or ophthalmologist, or have a negative retinopathy result in the prior year.
- **Diabetic Kidney Health Screening** – Ensure that patients are receiving an estimated glomerular filtration rate (eGFR) and a urine albumin-creatinine ratio (uACR) during the measurement year.
- **Statin Use in Persons with Diabetes (SUPD)** – Statin therapy reduces the risk of myocardial infarction, stroke and cardiovascular death by 22% in primary prevention patients and 25%–30% in secondary.<sup>2,3</sup> For patients who also have atherosclerotic cardiovascular disease, consider prescribing a moderate- to high-intensity statin.

<sup>1</sup>World Health Organization, [www.who.int/diabetes/action\\_online/basics/en/index3.html](http://www.who.int/diabetes/action_online/basics/en/index3.html)

<sup>2</sup>Stone, Neil J., et al. "2013 ACC/AHA Guideline on the Treatment of Blood Cholesterol to Reduce Atherosclerotic Cardiovascular Risk in Adults." *Journal of the American College of Cardiology* (2013)

<sup>3</sup>An assessment by the Statin Diabetes Safety Task Force: 2014 update; *Journal of Clinical Lipidology*

<sup>4</sup>American Diabetes Association, [www.diabetes.org/diabetes/high-blood-pressure](http://www.diabetes.org/diabetes/high-blood-pressure)



### Related quality opportunities

- **Controlling High Blood Pressure (CBP)** – Document and follow precise blood pressure changes and optimize ACE/ARB or other hypertension therapy. According to the American Diabetes Association, two out of three people with diabetes report that they have high blood pressure or take prescription medications to lower their blood pressure.<sup>4</sup>
- **Medication Adherence (ADH)** – Encourage patients with diabetes to take medications regularly as prescribed and contact their doctor or pharmacist with questions. To encourage adherence, consider prescribing 90-day supplies as necessary for maintenance drugs.

### NCQA Copyright Notice and Disclaimer

The HEDIS measure specifications were developed by and are owned by NCQA. The HEDIS measure specifications are not clinical guidelines and do not establish a standard of medical care. NCQA makes no representations, warranties, or endorsement about the quality of any organization or physician that uses or reports performance measures and NCQA has no liability to anyone who relies on such measure specifications. NCQA holds a copyright in these materials and can rescind or alter these materials at any time. These materials may not be modified by anyone other than NCQA. Use of the Rules for Allowable Adjustments of HEDIS to make permitted adjustments of the materials does not constitute a modification. Any commercial use and/or internal or external reproduction, distribution and publication must be approved by NCQA and are subject to a license at the discretion of NCQA. Any use of the materials to identify records or calculate measure results, for example, requires a custom license and may necessitate certification pursuant to NCQA's Measure Certification Program. Reprinted with permission by NCQA. ©2022 NCQA, all rights reserved.

Limited proprietary coding is contained in the measure specifications for convenience. NCQA disclaims all liability for use or accuracy of any third-party code values contained in the specifications.

The full text of this notice and disclaimer is available [here](http://apps.humana.com/marketing/documents.asp?file=4274309):  
<http://apps.humana.com/marketing/documents.asp?file=4274309>