

# APPENDIX E: CITATIONS AND SUGGESTED READINGS

Below, please find suggested readings that may provide background information and additional context for each campaign plank:



## **BUILD AN ACCOUNTABLE DIABETES TEAM**

- National Diabetes Education Program. Redesigning the health care team: diabetes prevention and lifelong management. Available at: [http://www.niddk.nih.gov/health-information/health-communication-programs/ndep/health-care-professionals/team-care/Documents/ndep37\\_redesignteamcare\\_4c\\_508.pdf](http://www.niddk.nih.gov/health-information/health-communication-programs/ndep/health-care-professionals/team-care/Documents/ndep37_redesignteamcare_4c_508.pdf).
- National Diabetes Education Program. Team care approach for diabetes management. Excerpt from: Working together to manage diabetes: a guide for pharmacy, podiatry, optometry, and dentistry. Available at: <http://www.cdc.gov/diabetes/ndep/pdfs/ppod-guide-team-care-approach.pdf>.



## **INTEGRATE EMOTIONAL AND BEHAVIORAL SUPPORT**

- Archer J, Bower P, Gilbody S, et al. Collaborative care for depression and anxiety problems. *Cochrane Database of Systematic Reviews*. 2012.
- Klein S, Hostetter M. In focus: integrating behavioral health and primary care. *Quality Matters*. August/September 2014. Available at: <http://www.commonwealthfund.org/publications/newsletters/quality-matters/2014/august-september/in-focus>.
- Lin EHB, Von Korff M, Ciechanowski P, et al. Treatment adjustment and medication adherence for complex patients with diabetes, heart disease, and depression: a randomized controlled trial. *Ann Fam Med*. January/February 2012;10(1):6-14.



## **REFER TO DIABETES SELF-MANAGEMENT EDUCATION AND SUPPORT PROGRAMS**

- American Association of Diabetes Educators. Find accredited DEAP programs/branches. <https://nf01.diabeteseducator.org/eweb/DynamicPage.aspx?WebKey=e831e862-f94b-4ff9-8fd6-6ef5631272d4>.
- American Diabetes Association. Find a recognized education program in your area by state. [http://professional2.diabetes.org/ERP\\_List.aspx](http://professional2.diabetes.org/ERP_List.aspx).
- Boren SA, Fitzner KA, Panhalkar PS, Specker, JE. Costs and benefits associated with diabetes education: a review of the literature. *Diabetes Educ*. January/February 2009;35(1):72-96.
- Duncan I, Birkmeyer C, Coughlin S, Li QE, Sherr D, Boren S. Assessing the value of diabetes education. *Diabetes Educ*. September/October 2009;35(5):752-60.
- Khunti K, Wolden ML, Thorsted BL, Andersen M, Davies MJ. Clinical inertia in people with type 2 diabetes: a retrospective cohort study of more than 80,000 people. *Diabetes Care*. November 2013;36(11):3411-7.

- Li R, Shrestha SS, Lipman R, Burrows NR, Kolb LE, Rutledge S. Diabetes self-management education and training among privately insured persons with newly diagnosed diabetes – United States, 2011–2012. *MMWR*. November 21, 2014; 63(46):1045-9.
- Powers MA, Bardsley J, Cypress M, et al. Diabetes self-management education and support in type 2 diabetes: a joint position statement of the American Diabetes Association, the American Association of Diabetes Educators, and the Academy of Nutrition and Dietetics. Published in:
  - *Diabetes Care*. 2015;38:1372-82.
  - *Diabetes Educ*. August 2015;41(4):417-430.
  - *J Acad Nutr Diet*. August 2015;115(8):1323-34.
- Strawbridge LM, Lloyd JT, Meadow A, Riley GF, Howell BL. Use of Medicare's diabetes self-management training benefit. *Health Educ Behav*. August 2015;42(4):530-8.



## CONDUCT PRACTICE-BASED SCREENING

- American Diabetes Association. Section 2: Classification and diagnosis of diabetes. Excerpt from: Standards of medical care in diabetes—2016. *Diabetes Care*. January 2016;39(Suppl. 1):S8-16.
- American Diabetes Association. Section 4: Prevention or delay of type 2 diabetes. Excerpt from: Standards of medical care in diabetes—2016. *Diabetes Care*. January 2016;39(Suppl. 1):S36–S38.
- Centers for Disease Control and Prevention. National Diabetes Education Program. Available at: <http://www.cdc.gov/diabetes/prevention/index.htm>.
- Menke A, Casagrande S, Geiss L, Cowie CC. Prevalence of and trends in diabetes among adults in the United States, 1988–2012. *JAMA*. 2015;314(10):1021-9.
- U.S. Preventive Services Task Force. Abnormal blood glucose and type 2 diabetes mellitus screening. Available at: <http://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/screening-for-abnormal-blood-glucose-and-type-2-diabetes?ds=1&s=diabetes%20screening>.
- Yudkin JS, Montori VM. The epidemic of pre-diabetes: The medicine and the politics. *BMJ*. July 16, 2014;349:g4485.



## ADOPT TREATMENT ALGORITHM

- American Association of Clinical Endocrinologists/American College of Endocrinology Comprehensive Type 2 Diabetes Management Algorithm—2016. *Endocr Pract*. 2016;22:84-113.
- American College of Physicians. Oral pharmacological treatment of type 2 diabetes mellitus: a clinical practice guideline from the American College of Physicians. *Ann Intern Med*. February 7, 2012;156(3):218-231.
- American Diabetes Association. Standards of medical care in diabetes—2016. *Diabetes Care*. January 2016;39(Suppl. 1):S1-93.
- American Psychological Association. Criteria for evaluating treatment guidelines. *Am Psychol*. December 2002;57(12):1052-9.
- Institute of Medicine. Standards for developing trustworthy clinical practice guidelines. Available at: <https://iom.nationalacademies.org/Reports/2011/Clinical-Practice-Guidelines-We-Can-Trust/Standards.aspx>.



### MEASURE HBA1C EVERY 3-6 MONTHS

- Sacks DB, Arnold M, Bakris GL, et al. Position statement executive summary: guidelines and recommendations for laboratory analysis in the diagnosis and management of diabetes mellitus. *Diabetes Care*. 2011;34:1419-1423.
- Stratton IM, Adler AI, Neil HA, et al. Association of glycaemia with macrovascular and microvascular complications of type 2 diabetes (UKPDS 35): prospective observational study. *BMJ*. August 12, 2000;321(7258):405-12.



### ASSESS AND ADDRESS RISK OF CARDIOVASCULAR DISEASE

- American College of Cardiology and American Heart Association. ASCVD Risk Calculator. Available at: <http://tools.acc.org/ASCVD-Risk-Estimator/>.
- American Diabetes Association. Standards of medical care in diabetes—2016. *Diabetes Care*. January 2016;39(Suppl. 1).
- Grundy SM, Benjamin IJ, Burke GL, et al. Diabetes and cardiovascular disease: a statement for healthcare professionals from the American Heart Association. *Circulation*. 1999;100:1134-1146.
- Stone NJ, et al. 2013 ACC/AHA guideline on the treatment of blood cholesterol to reduce atherosclerotic cardiovascular risk in adults: a report of the American College of Cardiology/American Heart Association task force on practice guidelines. *Circulation*. 2013.



### CONTACT PATIENTS NOT AT GOAL AND WITH THERAPY CHANGE WITHIN 30 DAYS

- Blackburn DF, Swidrovich J, Lemstra M. Non-adherence in type 2 diabetes: practical considerations for interpreting the literature. *Patient Prefer Adherence*. 2013;7:183-9.
- Delamater, AM. Improving patient adherence. *Clinical Diabetes*. April 2006;24(2):71-7.
- Khunti K, Wolden ML, Thorsted BL, Andersen M, Davies MJ. Clinical inertia in people with type 2 diabetes: a retrospective cohort study of more than 80,000 people. *Diabetes Care*. November 2013;36(11):3411-17.
- Klonoff DK. Using telemedicine to improve outcomes in diabetes—an emerging technology. *J Diabetes Sci Technol*. July 2009;3(4):624-8.
- Morrison F, Shubina M, Turchin A. Encounter frequency and serum glucose level, blood pressure, and cholesterol level in patients with diabetes mellitus. *Arch Internal Med*. 2011;171(17):1542-50.



### USE A PATIENT REGISTRY

- Agency for Healthcare Research and Quality. Toolkit for implementing the chronic care model in an academic environment. Available at: <http://www.ahrq.gov/professionals/education/curriculum-tools/chroniccaremodel/chronic3b.html>.
- Bagley B, Mitchell J. Registries made simply. *Fam Pract Manag*. May/June 2011;18(3):11-14.
- McLeod W, Eidus R, Stewart E. Clinical decision support: using technology to identify patients' unmet needs. *Fam Pract Manag*. March/April 2012;19(2):22-28.
- Stellefson M, Dipnarine K, Stopka C. The chronic care model and diabetes management in US primary care settings: a systematic review. *Prev Chronic Dis*. 2013;10:120180.



## PUBLISH TRANSPARENT INTERNAL REPORTS

- Measure Up/Pressure Down® Webinar: medical group successes featuring Colorado Springs Health Partners. Available at: [http://www.measureuppressuredown.com/HCPProf/Webinars/101614\\_cshp.pdf](http://www.measureuppressuredown.com/HCPProf/Webinars/101614_cshp.pdf) (slides) or <https://amgaevents.webex.com/amgaevents/jsr.php?RCID=ad52d0987441230cf7e74538b402344f> (audio and slides).
- Smith MA, Wright A, Queram C, Lamb GC. Public reporting helped drive quality improvement in outpatient diabetes care among Wisconsin physician groups. *Health Affairs*. 2012;31(3):570-77.