



# DIABETES MANAGEMENT: DIRECTORY OF PROVIDER RESOURCES



# PURPOSE

The purpose of this directory is to support health care providers and care teams by identifying resources on the management of type 2 diabetes. It is particularly suited for providers who work with Medicare beneficiaries and underserved communities for whom the prevalence of type 2 diabetes and diabetes complications is higher. This directory will help the care team identify resources to improve diabetes management by promoting healthy eating and medication adherence among patients with type 2 diabetes.

This directory serves as a companion resource to *Diabetes Prevention Programs: Equity Tailored Resources*, published by the Centers for Medicare & Medicaid Services Office of Minority Health (CMS OMH). *Diabetes Prevention Programs: Equity Tailored Resources* presents evidence-based approaches to tailoring type 2 diabetes prevention initiatives to better serve diverse beneficiaries, including those who speak languages other than English or with limited English proficiency. It was developed for suppliers of diabetes prevention services to facilitate access to culturally tailored materials. This Provider Resource Directory also complements CMS OMH's *C2C Managing Diabetes: Medicare Coverage & Resources* fact sheet, available in 8 languages (English, Arabic, Chinese, Haitian Creole, Korean, Russian, Spanish, and Vietnamese), which includes tips to help patients manage diabetes as well as information on cost-saving programs and Medicare coverage of medications, testing, and supplies.

# MEDICARE COVERAGE AND FINANCIAL ASSISTANCE

Medicare beneficiaries with diabetes are eligible to receive diabetes self-management training (DSMT) and medical nutrition therapy (MNT) benefits. DSMT teaches Medicare beneficiaries with diabetes how to cope with and manage their condition, and may include tips for eating healthy, being active, monitoring blood sugar, taking medicine, and reducing risks.<sup>i</sup> MNT is delivered by registered dietitians or other qualifying nutrition professionals and commonly includes an initial nutrition and lifestyle assessment, individual and/or group nutritional therapy services, help managing the lifestyle factors that affect beneficiaries' diabetes, and follow-up visits to check on beneficiaries' progress in managing their diet.<sup>ii</sup>

The Medicare Extra Help program provides qualifying beneficiaries with assistance paying for prescription costs, premiums, deductibles, and coinsurance.<sup>iii</sup> Medicare Savings Programs can give beneficiaries help paying their Medicare premiums from their states.<sup>iv</sup> Some pharmaceutical companies offer assistance programs for the drugs they manufacture.<sup>v</sup> Medicare beneficiaries with diabetes who use insulin may be able to access insulin at a predictable and affordable cost by enrolling in a Medicare drug plan or a Medicare Advantage plan with drug coverage that participates in the Medicare Part D Senior Savings Model.<sup>vi</sup>

The Public Health Service Act was used to declare a [public health emergency](#) (PHE) in the entire United States on January 31, 2020 to respond to COVID-19. To review guidance and changes specific to the PHE, please review the information and links included [here](#).

- View the CMS [current emergencies](#) page
- Get [waiver & flexibility information](#)
- Apply for an [1135 waiver](#)
- Find [COVID-19 vaccine policies & guidance](#)
- [Rural Crosswalk; Flexibilities to Fight COVID-19](#)
- For more on implementing a telehealth program, review the [C2C Telehealth for Providers](#).

# BACKGROUND

There are seven self-care behaviors that are integral to effective diabetes management, including healthy eating, being active, monitoring blood sugar, taking medication, problem solving, reducing risks, and healthy coping.<sup>vii</sup> Self-care behaviors, such as proper medication management and healthy eating, can help reduce disparities among Medicare beneficiaries at higher risk for adverse outcomes.<sup>vii</sup> Following a healthy diet and staying physically active helps people with diabetes manage their blood glucose, blood pressure, cholesterol, and weight and can help prevent or delay the development of diabetes complications.<sup>viii</sup> These two self-care behaviors, along with taking medication, comprise the “inner ring” of self-care behaviors. [Healthy eating](#), [being active](#), and [taking medication](#) “often serve as the basis for care plans since they comprise what individuals with diabetes and related conditions undertake regularly as they self-manage their condition.”<sup>ix</sup>

The prevalence of diabetes is higher among Medicare fee-for-service (FFS) beneficiaries (27.7 percent) compared to the general US population (about 10.5 percent), and among Medicare FFS beneficiaries, higher among Black (38 percent) and Hispanic (38 percent) beneficiaries than among White beneficiaries (25 percent).<sup>x</sup> Compared to White beneficiaries, a lower percentage of Black and Hispanic beneficiaries report that they know most or just about everything necessary to manage their diabetes and that their blood sugar is well controlled all of the time.<sup>xi</sup> In addition, a higher percentage of Black and Hispanic beneficiaries report high blood pressure and diabetes-related eye problems.<sup>xi</sup> With proper patient education about Medicare covered services, access to timely care, and better disease management, disparities in diabetes-related outcomes can be reduced.

The resources included in this directory can be used by health care providers to educate their patients with diabetes about nutrition, encourage a healthy diet, and promote effective diabetes self-management, including medication adherence. Many of the resources presented in this directory are culturally or linguistically tailored for specific patient populations, including groups that experience nutrition-related disparities and are at higher risk for diabetes complications and adverse health outcomes. Clear, actionable dietary recommendations that reflect cultural preferences and degree of access to affordable, healthy foods may promote patient adherence to diabetes management plans.<sup>xii</sup> It is important that providers and care teams not make assumptions about the value or relevance of certain resources or guidelines based on a patient’s racial, ethnic, or cultural background(s). Rather, the resources in this directory should be used to accompany dialogue with patients about their dietary preferences and goals. This is consistent with the American Diabetes Association (ADA) and Association of Diabetes Care & Education Specialists (ADCES) accreditation standards for diabetes self-management education and support, which require the development of an individualized DSMES plan based on needs that are identified and led by the participant.<sup>xiii</sup> Health care providers should align their overall diabetes management plans with the goals and strategies outlined in patients’ nutrition therapy plans.<sup>xiv</sup> To complement nutrition therapy, health care teams should also provide patients with diabetes with evidence-based guidance that promotes healthy food choices.

This resource directory also focuses on the importance of medication adherence in diabetes management. It aims to equip primary care teams with tools to manage diabetes, thereby reserving limited endocrinology resources for patients with more complex needs. While some patients require care from endocrinologists, primary care teams can effectively manage many patients with prediabetes and type 2 diabetes.<sup>xv</sup> Other health professionals and patients can play an important role in facilitating medication management and other diabetes self-care behaviors.

In the sections that follow, the directory provides detailed information on each of the medication adherence and nutrition resources as well as links to websites where the source materials are accessible.

# DIABETES MEDICATION

Many individuals with type 2 diabetes or prediabetes receive treatment with medication to control their blood glucose,<sup>xvi</sup> and must be under the supervision of providers with prescribing authority. There are many diabetes medications available, including more than 20 types of insulin<sup>xvii</sup> and nine classes of oral anti-diabetic drugs.<sup>xviii</sup> In addition, some patients with diabetes are prescribed medications such as anti-hypertensive (for blood pressure), statins (for cholesterol), and aspirin (for heart attack risk). Diabetes medication options depend on factors including the patient's blood glucose, other health conditions and medications, side effects, insurance coverage, and cost.

# USING THE DIRECTORY

The resources in this directory cover a range of topics that primary care providers and other members of the diabetes care team may consider when prescribing diabetes medications, as well as materials to share with patients to promote healthy eating. Some resources also cover other important aspects of diabetes treatment and management such as exercise. Contents are organized by:

- Guidelines and Clinical Recommendations;
- Toolkits and Clinical Reference Tools;
- Nutrition Resources:
  - General Resources;
  - Resources for Diverse Racial and Ethnic Groups;
  - Resources for American Indian/Alaska Native Populations;
  - Resources for Asian/Pacific Islander Populations;
  - Resources for Black/African American Populations;
  - Resources for Hispanic/Latino Populations;
  - Resources for People Experiencing Food Insecurity;
- Care Delivery Apps; and
- E-Prescribing and Formulary Management Apps

The care delivery and e-prescribing and formulary management apps included in this directory were identified through a comprehensive online search and targeted keyword searches of the Apple and Google Play app stores. To select apps for inclusion, the publishing organization, covered topics, and information sources cited (e.g., evidence-based clinical guidelines) were assessed for quality and relevance to the scope of the directory. There are numerous resources available to treat type 2 diabetes. The ones included in this directory were identified through a search of resources for providers related to nutrition and the treatment and medication management of type 2 diabetes. The included resources reflect the information that was available at the time this directory was developed. The directory will be updated periodically as new resources are identified. Users are invited to share relevant resources to be considered for a future version of this directory by emailing [HealthEquityTA@cms.hhs.gov](mailto:HealthEquityTA@cms.hhs.gov). The inclusion of resources in this directory does not constitute an endorsement by the Centers for Medicare & Medicaid Services.



## Summary of Resources

The table of contents presents the directory contents by category and includes an overview of the topics covered in each resource. Each resource can be directly accessed by clicking on the hyperlinked page number in the right hand column.

Organization	Name of Resource	Summary of Resource	For More Information
<b>Guidelines and Clinical Recommendations</b>			
National Institute of Diabetes and Digestive and Kidney Disease (NIDDK)	<a href="#">Guiding Principles for the Care of People With or at Risk for Diabetes</a>	Synthesis of existing national guidelines on diabetes care for primary care providers and health teams	<a href="#">See Page 12</a>
American Diabetes Association (ADA)	<a href="#">Pharmacologic Approaches to Glycemic Treatment: Standards of Medical Care in Diabetes - 2022</a>	Recommendations for pharmacological therapy for type 1 and type 2 diabetes	<a href="#">See Page 13</a>
American Diabetes Association (ADA)	<a href="#">Standards of Medical Care in Diabetes: Abridged for Primary Care Providers - 2022</a>	Presents evidence-based diabetes care recommendations that are most applicable to primary care providers	<a href="#">See Page 14</a>
World Health Organization (WHO)	<a href="#">Guidelines on second-and third-line medicines and type of insulin for the control of blood glucose levels in non-pregnant adults with diabetes mellitus</a>	Primary care guidelines for managing hyperglycemia in low-resource settings, including 1) which pharmacological agents to use and 2) selecting type of insulin	<a href="#">See Page 15</a>
American Association of Clinical Endocrinologists (AACE) and American College of Endocrinology (ACE)	<a href="#">Comprehensive Type 2 Diabetes Management Algorithm</a>	PowerPoint slides that present the major components and principles of the comprehensive type 2 diabetes management algorithm	<a href="#">See Page 16</a>
American Association of Clinical Endocrinology (AACE)	<a href="#">American Association of Clinical Endocrinology Clinical Practice Guideline: Developing a Diabetes Mellitus Comprehensive Care Plan - 2022</a>	Evidence-based guidelines for diabetes care providers	<a href="#">See Page 17</a>
American Association of Clinical Endocrinologists (AACE)	<a href="#">Diabetes Resource Center</a>	Online resource center with guidelines and support tools for outpatient providers related to treatment and management of type 2 diabetes and prediabetes	<a href="#">See Page 18</a>
United States Department of Agriculture (USDA)	<a href="#">Dietary Guidance</a>	Dietary guidance, recommendations, resources, and tools	<a href="#">See Page 19</a>
<b>Toolkits and Clinical Reference Tools</b>			
Centers for Disease Control and Prevention (CDC)	<a href="#">Working Together to Manage Diabetes: A Guide for Pharmacy, Podiatry, Optometry, and Dentistry</a>	Toolkit for providers of pharmacy, podiatry, optometry, and dentistry (PPOD) to manage diabetes, with a resource center with resources for patients and providers by topic	<a href="#">See Page 20</a>
Indian Health Service (IHS)	<a href="#">Glucose Management in Type 2 Diabetes</a>	Type 2 diabetes glucose management algorithm for providers	<a href="#">See Page 21</a>
Health Services Advisory Group (HSAG)	<a href="#">Diabetes Education: Use Teach-Back to Help Patients Successfully Manage Their Insulin</a>	Resource for providers on how to use teach-back techniques to help patients manage insulin	<a href="#">See Page 22</a>
Association of Diabetes Care & Education Specialists (ADCES)	<a href="#">Fostering Medication Adherence: Tips and Tricks</a>	Resource for providers on fostering medication adherence among patients with diabetes	<a href="#">See Page 23</a>
MDCalc	<a href="#">Practice Pearls: Diabetes</a>	Resource page with practical tips and evidence-based information on diabetes management, including a diabetes calculator toolkit	<a href="#">See Page 24</a>

## Summary of Resources cont.

Organization	Name of Resource	Summary of Resource	For More Information
<b>Nutrition Resources</b>			
<b>General Resources</b>			
<b>Centers for Disease Control and Prevention (CDC)</b>	<a href="#">Eat Well</a>	General diabetes nutrition guidance for patients	<a href="#">See Page 25</a>
<b>National Institute of Diabetes and Digestive and Kidney Disease (NIDDK)</b>	<a href="#">Diabetes Diet, Eating, and Physical Activity</a>	Overview of diabetes diet tips, nutrition, and physical activity for patients	<a href="#">See Page 26</a>
<b>Association of Diabetes Care &amp; Education Specialists (ADCES)</b>	<a href="#">Diversión y Comidas de Verano: Consejos Para Personas con Diabetes/Summer Fun and Food Tips for People with Diabetes</a>	Guidance for patients on maintaining a healthy diet while engaging in common summer activities	<a href="#">See Page 27</a>
<b>Association of Diabetes Care &amp; Education Specialists (ADCES)</b>	<a href="#">Consejos Para Comer En Las Fiestas Para Personas Con Diabetes/Holiday Season Eating Tips for People with Diabetes</a>	Strategies for following a healthy diet during the holiday seasons	<a href="#">See Page 28</a>
<b>U.S. Food &amp; Drug Administration (FDA)</b>	<a href="#">Food Safety for Older Adults and People with Cancer, Diabetes, HIV/AIDS, Organ Transplants, and Autoimmune Diseases</a>	Food safety guide for people with weakened immune systems	<a href="#">See Page 29</a>
<b>Resources for Diverse Racial and Ethnic Groups</b>			
<b>United States Department of Agriculture (USDA)</b>	<a href="#">MyPlate</a>	MyPlate nutrition guidelines	<a href="#">See Page 30</a>
<b>National Heart, Lung, and Blood Institute (NHLBI)</b>	<a href="#">Heart-Healthy Cooking</a>	Website with healthy recipes for people of different ethnicities and cultures	<a href="#">See Page 31</a>
<b>Resources for American Indian/Alaska Native Populations</b>			
<b>Indian Health Service (IHS)</b>	<a href="#">Tips for Educators Using My Native Plate</a>	Tips for educators on using the My Native Plate resource for patients	<a href="#">See Page 32</a>
<b>Indian Health Service (IHS)</b>	<a href="#">My Native Plate</a>	Dietary planning resource for Native Americans with diabetes	<a href="#">See Page 33</a>
<b>Centers for Disease Control and Prevention (CDC)</b>	<a href="#">American Indian/Alaska Native Fat and Calorie Counter</a>	Serving suggestions and calorie and fat content information for common American Indian/Alaska Native foods	<a href="#">See Page 34</a>

## Summary of Resources cont.

Organization	Name of Resource	Summary of Resource	For More Information
<b>Resources for Asian/Pacific Islander Populations</b>			
Centers for Disease Control and Prevention (CDC)	<a href="#">Culturally Competent Health Provider Communication: Insights from Research with Chinese, Native Hawaiian, and Pacific Island Patients with Diabetes</a>	Webinar on cultural competence in diabetes management for Chinese, Native Hawaiian, and Pacific Islander populations	<a href="#">See Page 35</a>
Centers for Disease Control and Prevention (CDC)	<a href="#">Grade-A Grocery List: Tips to Prevent Type 2 Diabetes in Pacific Islander Communities</a>	Grocery shopping tips for Pacific Islanders with diabetes	<a href="#">See Page 36</a>
Centers for Disease Control and Prevention (CDC)	<a href="#">Grade-A Grocery List: Tips to Prevent Type 2 Diabetes in Asian Americans</a>	Grocery shopping tips for Asian Americans with diabetes	<a href="#">See Page 37</a>
Centers for Disease Control and Prevention (CDC)	<a href="#">Choosing Healthy Foods on Holidays and Special Occasions</a>	Culturally-tailored holiday and special occasion eating tips for people with diabetes	<a href="#">See Page 38</a>
<b>Resources for Black/African American Populations</b>			
Association of Diabetes Care & Education Specialists (ADCES)	<a href="#">Diabetes Guide to Foods of African Heritage</a>	Handout for diabetes educators covering foods of African Heritage	<a href="#">See Page 39</a>
Centers for Disease Control and Prevention (CDC)	<a href="#">Choosing Healthy Foods at the Buffet Table</a>	Culturally-tailored buffet eating tips for African Americans with diabetes	<a href="#">See Page 40</a>
<b>Resources Hispanic/Latino Populations</b>			
Centers for Disease Control and Prevention (CDC)	<a href="#">Diabetes and Nutrition in the Latino Community</a>	Webinar on culturally-oriented nutrition interventions and materials for the Hispanic/Latino population	<a href="#">See Page 41</a>
Centers for Disease Control and Prevention (CDC)	<a href="#">Tasty Recipes for People with Diabetes and their Families/ Ricas Recetas para Personas con Diabetes y sus Familiares</a>	Diabetes-friendly Hispanic/Latino recipes	<a href="#">See Page 42</a>
<b>Resources for People Experiencing Food Insecurity</b>			
Centers for Disease Control and Prevention (CDC)	<a href="#">Food Insecurity and its Impact on Diabetes Management: Identifying Interventions that Make a Difference</a>	Webinar about the impact of food insecurity on managing diabetes	<a href="#">See Page 43</a>

## Summary of Resources cont.

Organization	Name of Resource	Summary of Resource	For More Information
<b>Care Delivery Apps</b>			
<b>American Diabetes Association (ADA)</b>	<a href="#">Standards of Care app</a>	App that allows providers to access ADA's Standards of Care and relevant treatment algorithms	<a href="#">See Page 44</a>
<b>WellDoc</b>	<a href="#">BlueStar app</a>	Diabetes management app with evidence-based guidelines and a platform for providers to receive patient reports	<a href="#">See Page 45</a>
<b>Wolters Kluwer</b>	<a href="#">UpToDate</a>	Clinical decision support software that offers evidence syntheses and point-of-care recommendations	<a href="#">See Page 46</a>
<b>Joint Commission</b>	<a href="#">Cultural and Religious Sensitivity: A Guide for Health Care Staff</a>	Clinical reference tool for health care staff covering health care needs, expectations, and practices of various racial, ethnic, and religious groups	<a href="#">See Page 47</a>
<b>E-Prescribing and Formulary Management Apps</b>			
<b>MDCalc</b>	<a href="#">MDCalc Medical Calculator app</a>	Medical reference app with over 275 medical calculators	<a href="#">See Page 48</a>
<b>DrFirst</b>	<a href="#">iPrescribe app</a>	Electronic prescribing app that allows providers to prescribe from their mobile device and access information including medication history and patient out of pocket cost	<a href="#">See Page 49</a>
<b>Managed Markets Insight &amp; Technology and AIS Health</b>	<a href="#">Coverage Search app</a>	App that allows providers to access commercial, Medicare, Medicaid, and Exchange formularies	<a href="#">See Page 50</a>
<b>Medscape</b>	<a href="#">Medscape app</a>	App with medical calculators, drug information, and continuing medical education	<a href="#">See Page 51</a>

## Topic Key and Definitions

This table presents topic categories covered in the directory, definitions, and corresponding icons included in the entries below that may be used for quick reference when searching for topics of interest.



### Comorbidities:

Includes information on the assessment and management of common co-occurring medical conditions, such as cardiovascular disease



### Lifestyle & Exercise:

Includes information on lifestyle management and exercise for individuals with type 2 diabetes



### Complications:

Includes information on the assessment and management of diabetes complications such as neuropathy and retinopathy



### Medication Adherence:

Includes information on promoting and measuring medication adherence among individuals with diabetes



### Diabetes in Pregnancy:

Provides guidance on screening and management of diabetes for women who are pregnant



### Nutrition:

Includes dietary guidance for individuals with type 2 diabetes



### Drug Safety:

Addresses topics such as drug side effects, dosing information, drug interactions, and adverse drug events



### Patient Education:

Provides resources for providers to educate and communicate with patients about the management of diabetes



### Formulary Management:

Assists providers in accessing up-to-date formulary information



### Pharmacologic Treatment:

Includes information on selecting and managing pharmacologic regimens



### Glycemic Control:

Contains information on how to manage patients' blood glucose levels, such as glycemic control goals and pharmacologic approaches to achieving those goals



### Prevention & Prediabetes:

Includes information on preventing the onset of diabetes as well as identifying and managing prediabetes



### Insulin:

Includes information about insulin therapy, such as guidelines on selecting insulin regimens and costs of insulin products



### Screening & Diagnosis:

Include guidelines and suggested approaches for identifying patients with diabetes

# RESOURCES BY CATEGORY

## Guidelines & Clinical Recommendations

### Guiding Principles for the Care of People With or at Risk for Diabetes 2018



 <b>Clinical Guidelines</b>	 <b>Comorbidities</b>	 <b>Complications</b>	 <b>Screening &amp; Diagnosis</b>	 <b>Glycemic Control</b>
 <b>Lifestyle &amp; Exercise</b>	 <b>Nutrition</b>	 <b>Patient Education</b>	 <b>Prevention &amp; Prediabetes</b>	

## ORGANIZATION

National Institute of Diabetes and Digestive and Kidney Disease (NIDDK)

## OVERVIEW

These principles aim to identify and summarize areas of general consensus from existing guidelines in order to support primary care providers and health teams when delivering care to adults with diabetes or at-risk for developing it. These principles (updated in August 2018) include updated evidence on 1) the importance of diabetes self-management and education and 2) addressing obesity and overweightness during diabetes management.

## TOPICS COVERED

1. Identify people with undiagnosed diabetes and prediabetes
2. Manage prediabetes to prevent or delay the onset of type 2 diabetes
3. Provide comprehensive, patient-centered diabetes care
4. Provide ongoing self-management education and support for people with diabetes
5. Encourage lifestyle modification for people with diabetes
6. Address overweight and obesity in the management of diabetes
7. Individualize blood glucose management for people with diabetes
8. Provide multifactorial cardiovascular disease risk reduction
9. Detect and monitor diabetes microvascular complications and provide treatment to slow their progression
10. Consider the needs of special populations with diabetes

## HYPERLINK

<https://www.niddk.nih.gov/health-information/communication-programs/ndep/health-professionals/guiding-principles-care-people-risk-diabetes>

The image shows the cover of a report. The top half has a dark blue background with the title 'Pharmacologic Approaches to Glycemic Treatment: Standards of Medical Care in Diabetes 2020' in white text. To the right is a photograph of a hand holding several colorful pills and another hand holding a red and white glucometer displaying '182 mg/dL'. Below the title is a horizontal bar with five icons and labels: 'Clinical Guidelines' (checklist icon), 'Comorbidities' (paperclip icon), 'Glycemic Control' (insulin pump icon), 'Insulin' (syringe icon), and 'Pharmacologic Treatment' (pill bottle icon).

## ORGANIZATION

American Diabetes Association (ADA)

## OVERVIEW

The ADA's Standards of Medical Care in Diabetes are updated on an annual basis and include current clinical practice recommendations. Chapter 9 focuses on recommendations for pharmacological therapy for type 1 and type 2 diabetes. This chapter includes a user-friendly decision guide for using a patient-centered approach to choosing appropriate pharmacologic treatment for blood glucose (Fig 9.1).

## TOPICS COVERED

1. Pharmacologic Therapy for Type 1 Diabetes
2. Surgical Treatment for Type 1 Diabetes
3. Pharmacologic Therapy for Type 2 Diabetes

## HYPERLINK

[https://care.diabetesjournals.org/content/43/Supplement\\_1/S98.long](https://care.diabetesjournals.org/content/43/Supplement_1/S98.long)



## ORGANIZATION

American Diabetes Association (ADA)

## OVERVIEW

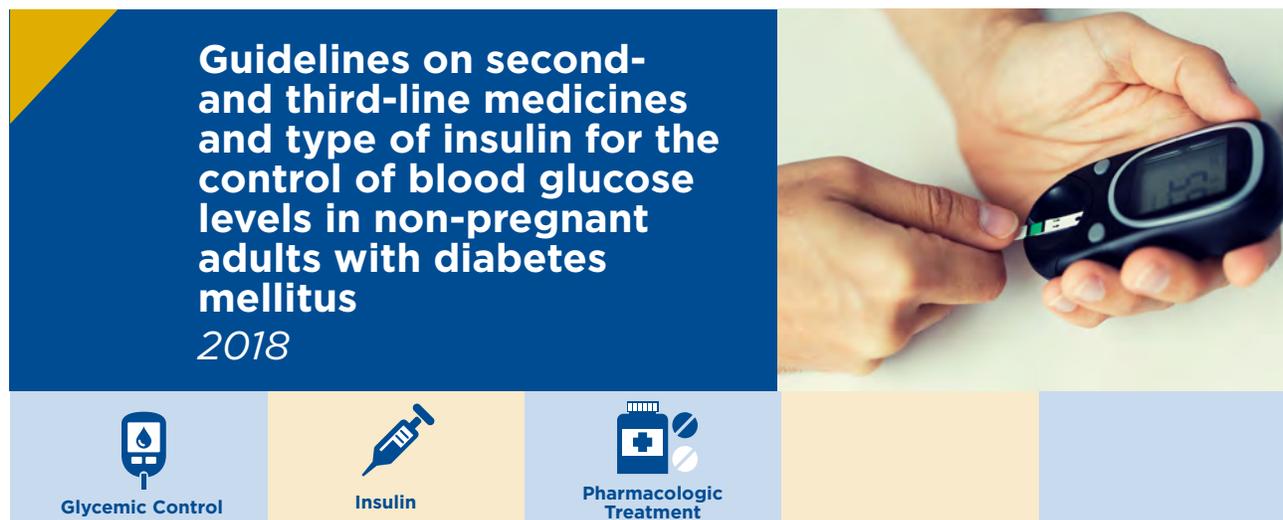
This abridged version of the 2020 Standards of Medical Care in Diabetes focuses on the evidence-based recommendations that are most applicable to primary care providers.

## TOPICS COVERED

1. Improving care and promoting health in populations
2. Classification and diagnosis of diabetes
3. Prevention and delay of Type 2 diabetes
4. Comprehensive medical evaluation and assessment of comorbidities
5. Facilitating behavior change and well-being to improve health outcomes
6. Glycemic targets
7. Diabetes technology
8. Obesity management for the treatment of Type 2 diabetes
9. Pharmacologic approaches to glycemic treatment
10. CVD and risk assessment
11. Microvascular complications and foot care
12. Older adults
13. Children and adolescents
14. Management of diabetes in pregnancy
15. Diabetes care in the hospital
16. Diabetes advocacy

## HYPERLINK

<https://diabetesjournals.org/clinical/article/40/1/10/139035/Standards-of-Medical-Care-in-Diabetes-2022>



## ORGANIZATION

World Health Organization (WHO)

## OVERVIEW

These guidelines provide public health recommendations for adults with type 1 and type 2 diabetes in low resource settings on 1) which pharmacological agents to use in order to manage hyperglycemia in primary care settings and 2) selecting type of insulin (human insulin vs. insulin analogues). These guidelines are intended for health care professionals and other diabetes stakeholders in low-resource settings in low- or high-income countries.

## TOPICS COVERED

1. Hypoglycemic agents for second and third-line treatment in type 2 diabetes
2. Insulin

## HYPERLINK

<http://apps.who.int/iris/bitstream/handle/10665/272433/9789241550284-eng.pdf?sequence=1&isAllowed=y>



## ORGANIZATION

American Association of Clinical Endocrinologists and American College of Endocrinology

## OVERVIEW

This PowerPoint deck uses tables and flow charts to outline the major components and principles of the comprehensive type 2 diabetes management algorithm.

## TOPICS COVERED

1. Principles of treatment for Type 2 Diabetes
2. Lifestyle therapy
3. Complications-centric model for care of the patient with overweight/obesity
4. Prediabetes algorithm
5. ASCVD (Atherosclerotic Cardiovascular Disease) risk factor modifications algorithm
6. Goals for glycemic control
7. Glycemic control algorithm
8. Algorithm for adding/intensifying insulin
9. Profiles of antidiabetic medications

## HYPERLINKS

Executive summary: <https://pro.aace.com/disease-state-resources/diabetes/clinical-practice-guidelines-treatment-algorithms/comprehensive>

Direct download: [https://pro.aace.com/ppt/2020\\_diabetes-algorithm-slides.pptx](https://pro.aace.com/ppt/2020_diabetes-algorithm-slides.pptx)



## ORGANIZATION

American Association of Clinical Endocrinology (AACE)

## OVERVIEW

This clinical practice guideline offers evidence-based recommendations for diabetes care for clinicians, care teams, other health care professionals, individuals with diabetes, and their caregivers.

## TOPICS COVERED

1. Screening, diagnosis, glycemic targets, and glycemic monitoring
2. Comorbidities and complications, including obesity and management with lifestyle, nutrition, and bariatric surgery, hypertension, dyslipidemia, retinopathy, neuropathy, diabetic kidney disease, and cardiovascular disease
3. Management of prediabetes, type 2 diabetes with antihyperglycemic pharmacotherapy and glycemic targets, type 1 diabetes with insulin therapy, hypoglycemia, hospitalized persons, and women with diabetes in pregnancy
4. Education and new topics regarding diabetes and infertility, nutritional supplements, secondary diabetes, social determinants of health, and virtual care, as well as updated recommendations on cancer risk, nonpharmacologic components of pediatric care plans, depression, education and team approach, occupational risk, role of sleep medicine, and vaccinations in persons with diabetes

## HYPERLINK

[https://www.endocrinepractice.org/article/S1530-891X\(22\)00576-6/fulltext](https://www.endocrinepractice.org/article/S1530-891X(22)00576-6/fulltext)

**Diabetes Resource Center 2020**

Comorbidities    Diabetes in Pregnancy    Glycemic Control    Nutrition    Pharmacologic Treatment

Prevention & Prediabetes    Screening & Diagnosis

## ORGANIZATION

American Association of Clinical Endocrinologists (AACE)

## OVERVIEW

This online resource center includes a broad range of guidelines and support tools that provide the latest updates to treatment strategies for diabetes and prediabetes.

## TOPICS COVERED

1. Clinical practice guidelines
2. Algorithms for treatment
3. Current publications
4. In-person and virtual education

## HYPERLINK

<https://pro.aace.com/disease-state-resources/diabetes>



## ORGANIZATION

United States Department of Agriculture (USDA)

## OVERVIEW

This resource provides dietary guidance information, intakes, MyPlate resources, interactive tools, and a dietary reference intake (DRI) calculator.

## TOPICS COVERED

1. Dietary guidelines and recommendations
2. Nutrition reports
3. Dietary reference intakes

## HYPERLINK

<https://www.nal.usda.gov/fnic/dietary-guidance-0>

# TOOLKITS & CLINICAL REFERENCE TOOLS

## Working Together to Manage Diabetes: A Guide for Pharmacy, Podiatry, Optometry, and Dentistry 2014



Complications



Glycemic Control



Diabetes in Pregnancy



Prevention & Prediabetes

## ORGANIZATION

Centers for Disease Control and Prevention (CDC)

## OVERVIEW

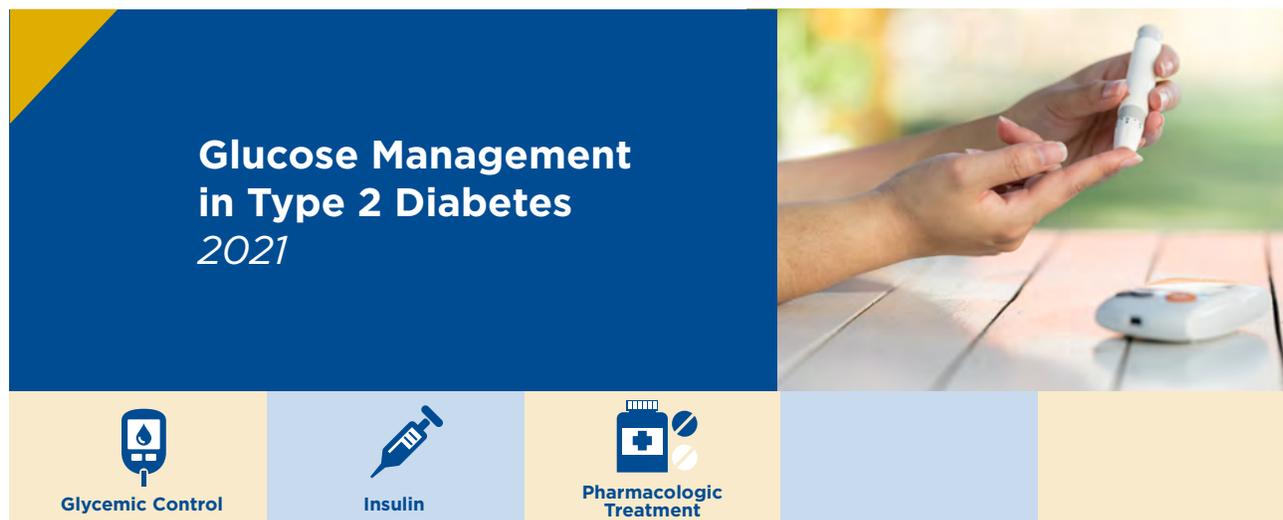
This toolkit is designed to assist providers of pharmacy, podiatry, optometry, and dentistry (PPOD) in working with each other and other members of the health care team, such as primary health care providers, physician assistants, nurse educators, and community health workers, to improve diabetes patient outcomes. The toolkit includes an overview of each PPOD provider's role in diabetes management and a resource center with patient and provider resources by topic area. It includes a chapter titled "What Pharmacists Would Like Team Members to Know About Medication Therapy for Diabetes."

## TOPICS COVERED

1. Team care approach for diabetes management
2. Collaboration strategies for PPOD providers
3. Messages to reinforce with patients
4. Medication therapy for diabetes
5. Foot health and diabetes
6. Eye health and diabetes
7. Oral health and diabetes
8. Prediabetes and primary prevention of type 2 diabetes

## HYPERLINK

<https://stacks.cdc.gov/view/cdc/29080>



## ORGANIZATION

Indian Health Service (IHS)

## OVERVIEW

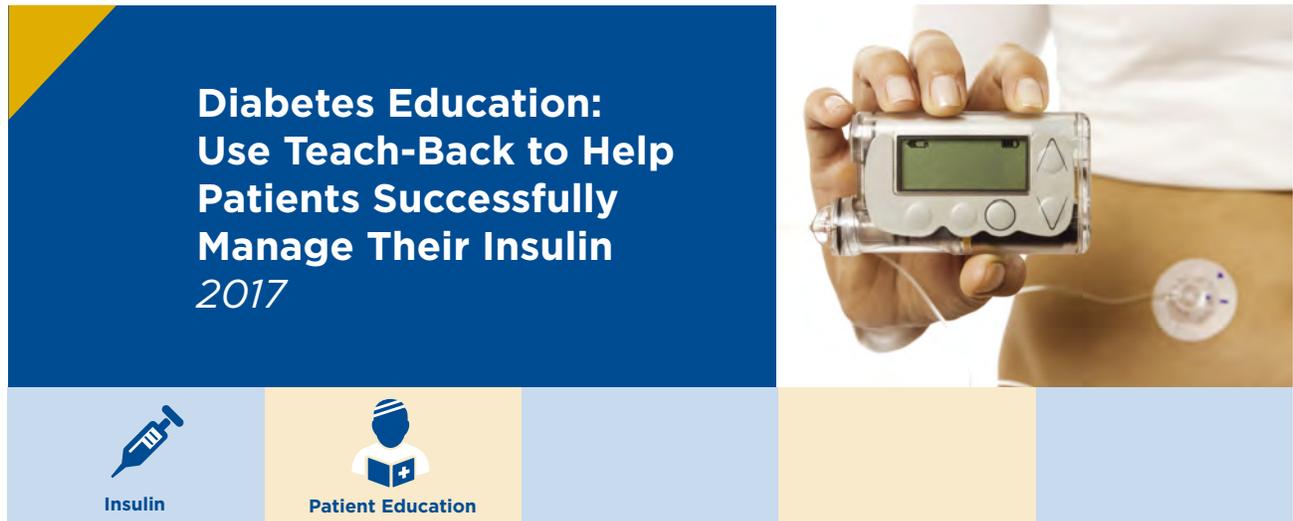
This resource provides an algorithm through which providers can determine the appropriate glucose management medication levels for their patients. It can be used by providers serving populations other than American Indian/Alaska Native individuals.

## TOPICS COVERED

1. Determining glycemic targets
2. Medication adjustments
3. Types of glucose management medications

## HYPERLINK

[https://www.ihs.gov/sites/diabetes/themes/responsive2017/display\\_objects/documents/algorithms/AlgorithmGlucoseMngmnt.pdf](https://www.ihs.gov/sites/diabetes/themes/responsive2017/display_objects/documents/algorithms/AlgorithmGlucoseMngmnt.pdf)



## ORGANIZATION

Health Services Advisory Group (HSAG)

## OVERVIEW

This resource provides information on teach-back and how providers can use teach-back to ensure their patients understand basic information about insulin, how to properly store and inject insulin, and the appropriate methods for syringe disposal.

## TOPICS COVERED

1. Teach-back methods
2. Insulin information
3. Insulin injection
4. Insulin storage
5. Syringe disposal

## HYPERLINK

<https://www.hsag.com/contentassets/dbdb9028f48f4c3a800d16e018502042/medresource-insulineducation508.pdf>



## ORGANIZATION

Association of Diabetes Care & Education Specialists (ADCES)

## OVERVIEW

This resource outlines common characteristics of patients with poor medication adherence and ways providers can address medication adherence.

## TOPICS COVERED

1. Characteristics of patients at high risk of non-adherence
2. Predictors of poor medication adherence
3. Medication adherence

## HYPERLINK

[https://www.diabeteseducator.org/docs/default-source/living-with-diabetes/tip-sheets/medication-taking/fostering\\_med\\_adherence.pdf?sfvrsn=4](https://www.diabeteseducator.org/docs/default-source/living-with-diabetes/tip-sheets/medication-taking/fostering_med_adherence.pdf?sfvrsn=4)



**Practice Pearls:  
Diabetes  
2021**

Comorbidities    Complications    Glycemic Control    Lifestyle & Exercise    Nutrition    Patient Education

## ORGANIZATION

MDCalc

## OVERVIEW

This resource page serves as a hub for practical tips and evidence-based information on diabetes management. It includes up-to-date, synthesized insights and content from variety of sources. One key component of this resource page is the Diabetes Calculator Toolkit, which provides separate calculators, risk scores, and algorithms for diabetes, comorbid diseases, acute diabetic complications, and diabetes in primary care.

## TOPICS COVERED

1. Statin-induced diabetes
2. The physician's role in diabetes management
3. Insulin pumps and complications
4. Diabetic feet
5. National diabetes statistics report
6. Bariatric surgery
7. ADA Standards of Care on obesity and diabetes
8. Glucose monitoring
9. Motivational interviewing
10. Steroid induced-diabetes
11. Diabetes risk assessment
12. Comorbid diseases
13. Acute diabetic complications
14. Diabetes in primary care

## HYPERLINK

<https://www.mdcalc.com/diabetes-practice-pearls>

# NUTRITION RESOURCES

## General Resources



## ORGANIZATION

Centers for Disease Control and Prevention (CDC)

## OVERVIEW

This resource provides diabetes meal planning, grocery lists, information on food labels, tips for eating out, carbohydrate precautions, and CKD resources as it relates to diabetes.

## TOPICS COVERED

1. Diabetes meal planning
2. Grocery shopping
3. Food labels
4. Eating out
5. Diabetes and carbs
6. Diabetes and CKD

## HYPERLINK

<https://www.cdc.gov/diabetes/managing/eat-well.html>



## ORGANIZATION

National Institutes of Health (NIH) National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)

## OVERVIEW

This resource provides an overview of diabetes diet tips, nutrition, and physical activity. Suggested lifestyle modifications and activities are provided.

## TOPICS COVERED

1. Food suggestions
2. Food and drinks to avoid
3. Timing of meals
4. Medical nutrition therapy
5. Supplements and vitamins
6. Physical activity

## HYPERLINK

<https://www.niddk.nih.gov/health-information/diabetes/overview/diet-eating-physical-activity>

## Diversion y Comidas de Verano: Consejos Para Personas con Diabetes/ Summer Fun and Food Tips for People with Diabetes 2017



## ORGANIZATION

Association of Diabetes Care & Education Specialists (ADCES)

## OVERVIEW

This resource provides guidance to patients on how to maintain a healthy diet while engaging in common summer activities such as barbecues and picnics. Both Spanish and English versions are available.

## TOPICS COVERED

1. Tips for people with diabetes
2. The paper plate plan for people with diabetes
3. Summer fun activities
4. Easy breezy summer recipes

## HYPERLINKS

Spanish: [https://www.diabeteseducator.org/docs/default-source/living-with-diabetes/tip-sheets/healthy-holiday-eating/summer\\_toolkit\\_spanish](https://www.diabeteseducator.org/docs/default-source/living-with-diabetes/tip-sheets/healthy-holiday-eating/summer_toolkit_spanish)

English: [https://www.diabeteseducator.org/docs/default-source/living-with-diabetes/tip-sheets/healthy-holiday-eating/healthyeating\\_summer.pdf?sfvrsn=2](https://www.diabeteseducator.org/docs/default-source/living-with-diabetes/tip-sheets/healthy-holiday-eating/healthyeating_summer.pdf?sfvrsn=2)



## ORGANIZATION

Association of Diabetes Care & Education Specialists (ADCES)

## OVERVIEW

This resource offers patients strategies on how to follow a healthy diet during the holiday season, with parties, big meals, and travel. It also includes several holiday recipes. Both Spanish and English versions are available.

## TOPICS COVERED

1. Holidays with a Big Meal
2. Holiday Parties and New Year's Eve
3. Healthier Holiday Recipes
4. Healthy Holiday Eating Contract

## HYPERLINKS

Spanish: <https://www.diabeteseducator.org/docs/default-source/living-with-diabetes/tip-sheets/healthy-holiday-eating/healthy-holiday-eating-spanish.pdf?sfvrsn=0>

English: [https://www.diabeteseducator.org/docs/default-source/living-with-diabetes/tip-sheets/healthy-holiday-eating/aade\\_holiday\\_toolkit.pdf?sfvrsn=4](https://www.diabeteseducator.org/docs/default-source/living-with-diabetes/tip-sheets/healthy-holiday-eating/aade_holiday_toolkit.pdf?sfvrsn=4)

## Food Safety: For Older Adults and People with Cancer, Diabetes, HIV/AIDS, Organ Transplants, and Autoimmune Diseases 2020



## ORGANIZATION

U.S. Food & Drug Administration (FDA)

## OVERVIEW

Patient-facing guide on food safety for individuals with a weakened immune system, including those with diabetes, to help them avoid foodborne infections. Both Spanish and English versions are available.

## TOPICS COVERED

1. The immune system
2. Food safety for people with a weakened immune system
3. Eating at home
4. Handling and preparing food for people with a weakened immune system
5. Safe shopping
6. Transporting food
7. Eating out
8. Traveling internationally
9. Foodborne illness

## HYPERLINKS

Spanish: <https://www.fda.gov/media/143718/download>

English: <https://www.fda.gov/media/83744/download>

# RESOURCES FOR DIVERSE RACIAL AND ETHNIC GROUPS



## ORGANIZATION

United States Department of Agriculture (USDA)

## OVERVIEW

The USDA Center for Nutrition Policy & Promotion offers nutrition guidance and resources based on the *Dietary Guidelines for Americans, 2020-2025*.

## TOPICS COVERED

1. Food groups
2. Eating healthy at different life stages
3. Recipes

## HYPERLINK

<https://www.myplate.gov>



## ORGANIZATION

National Institutes of Health (NIH) National Heart, Lung, and Blood Institute (NHLBI)

## OVERVIEW

This resource is a user-friendly website with a variety of healthy recipes for many different ethnicities and cultures.

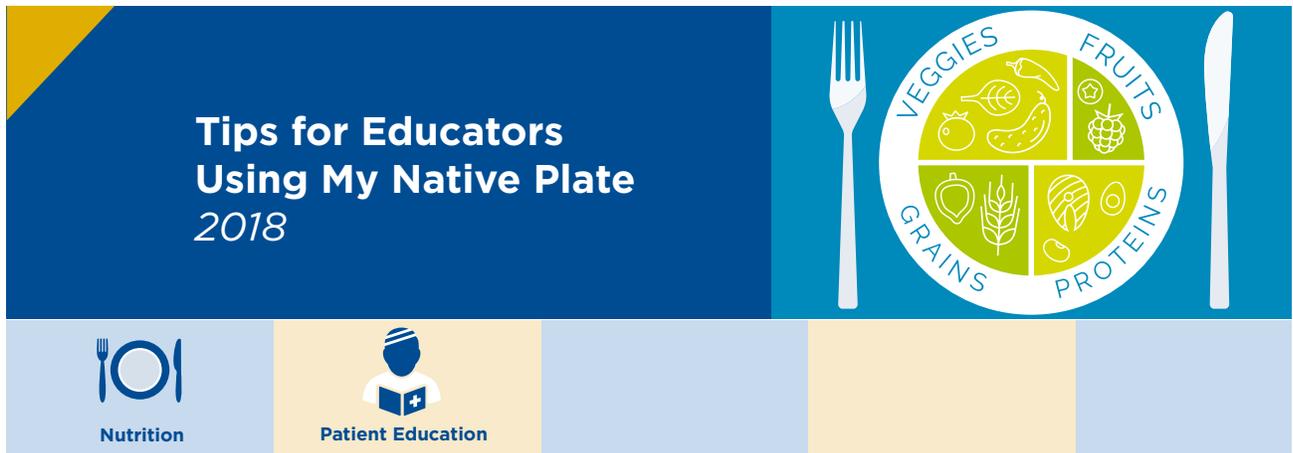
## TOPICS COVERED

1. Healthy eating recipes
2. Healthy dinners
3. Healthy Latino recipes
4. Home cooking African American style
5. American Indian/Alaska Native recipes
6. Vietnamese community recipes
7. Filipino community recipes
8. Cooking resources
9. Family resources

## HYPERLINK

<https://healthyeating.nhlbi.nih.gov/>

# RESOURCES FOR AMERICAN INDIAN/ALASKA NATIVE POPULATIONS



## ORGANIZATION

Indian Health Service (IHS)

## OVERVIEW

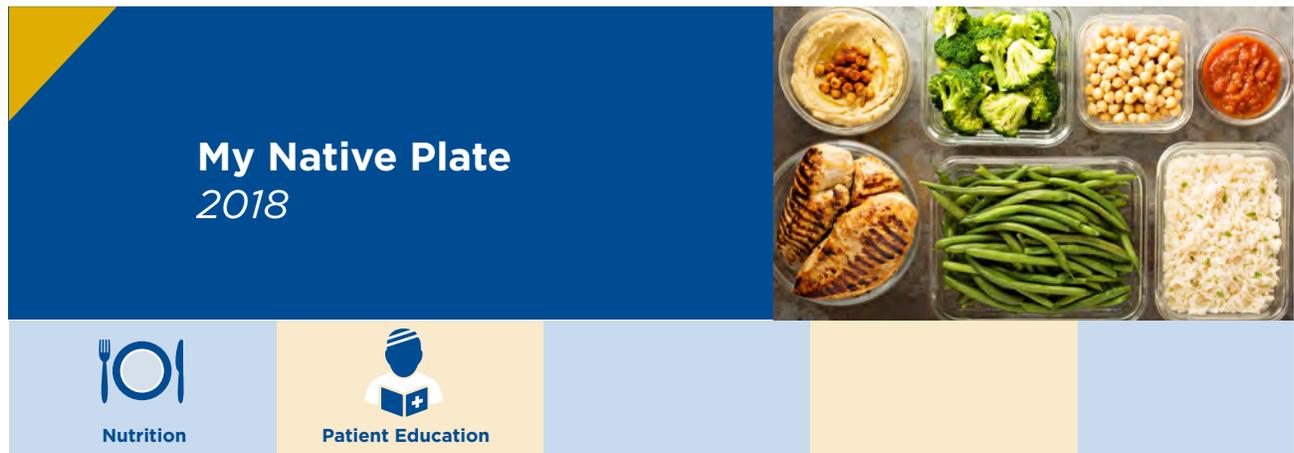
This resource assists educators in using My Native Plate, a printable resource to help individuals make healthy food choices. It also touches on topics such as emotions and stress and food insecurity.

## TOPICS COVERED

1. Food insecurity
2. Traditional foods
3. Family and community gatherings
4. Emotions and stress
5. Fast food, restaurants, take-outs, and corner stores
6. Special nutrition needs

## HYPERLINK

<https://www.ihs.gov/diabetes/education-materials-and-resources/index.cfm?module=productDetails&productID=181>



## ORGANIZATION

Indian Health Service (IHS)

## OVERVIEW

This resource is intended to help individuals in the Native American community to make healthy food choices.

Note: See the related resource titled "Tips for Educators Using My Native Plate."

## TOPICS COVERED

1. Vegetables and fruits
2. Proteins
3. Grains and starches

## HYPERLINK

[https://www.ihs.gov/sites/diabetes/themes/responsive2017/display\\_objects/documents/printmat/IHS\\_MyNativePlate\\_Letter.pdf](https://www.ihs.gov/sites/diabetes/themes/responsive2017/display_objects/documents/printmat/IHS_MyNativePlate_Letter.pdf)



## ORGANIZATION

Centers for Disease Control and Prevention (CDC)

## OVERVIEW

This resource provides serving suggestions and calorie and fat content information for common American Indian/Alaska Native dishes and snacks.

## TOPICS COVERED

1. Breakfast
2. Lunch
3. Dinner
4. Dessert

## HYPERLINK

<https://www.cdc.gov/diabetes/ndep/pdfs/89-aian-fat-calorie-counter.pdf>

# RESOURCES FOR ASIAN/ PACIFIC ISLANDER POPULATIONS

**Culturally Competent Health Provider Communication: Insights from Research with Chinese, Native Hawaiian, and Pacific Island Patients with Diabetes**  
*2013*





Nutrition



Patient Education

## ORGANIZATION

Centers for Disease Control and Prevention (CDC)

## OVERVIEW

This webinar focuses on cultural competence in diabetes management for Chinese, Native Hawaiian, and Pacific Islander populations, with a key message that food and eating together are important parts of these cultures. Slides are available for download.

## TOPICS COVERED

1. Ethnicity vs. race
2. Culture is more than just ethnicity
3. Implications in clinical intervention and diabetes education
4. What is cultural competency?
5. Cultural literacy
6. Help seeking behaviors
7. Pathways to compliance/non-compliance scenarios
8. Key pacific cultural concepts
9. Nonverbal communication
10. Use of interpreters
11. Technology & science literacy

## HYPERLINK

<https://www.cdc.gov/diabetes/ndep/training-tech-assistance/webinars.html>

Video direct link: <https://youtu.be/GAm8JnIVF7s>



## ORGANIZATION

Centers for Disease Control and Prevention (CDC) National Diabetes Education Program (NDEP)

## OVERVIEW

This resource provides tips on grocery shopping to help Pacific Islanders make healthy food choices.

## TOPICS COVERED

1. Grocery shopping tips

## HYPERLINK

<https://www.cdc.gov/diabetes/ndep/pdfs/144-grade-a-grocery-list-pacific-islander-508.pdf>

**Grade-A Grocery List:  
Tips to Prevent  
Type 2 Diabetes in  
Asian Americans  
2011**

Nutrition

Patient Education

## ORGANIZATION

Centers for Disease Control and Prevention (CDC) National Diabetes Education Program (NDEP)

## OVERVIEW

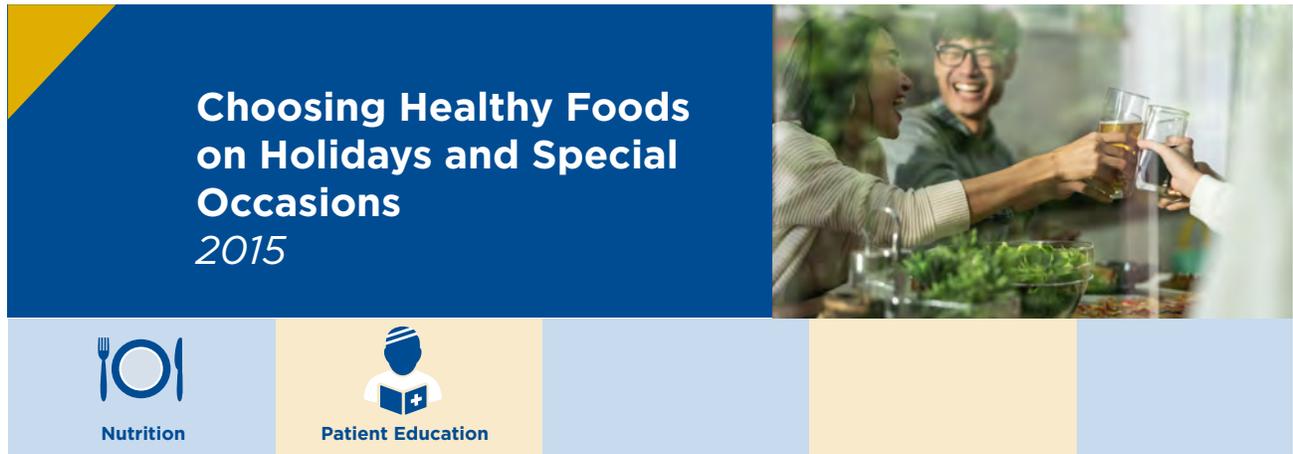
This resource provides tips on grocery shopping to help Asian Americans make healthy food choices.

## TOPICS COVERED

1. Grocery shopping tips

## HYPERLINK

<https://www.cdc.gov/diabetes/ndep/pdfs/145-grade-a-grocery-list-asian-american-508.pdf>



## ORGANIZATION

Organization: Centers for Disease Control and Prevention (CDC)

## OVERVIEW

This resource provides culturally-tailored tips for healthy choices when eating during holidays and special occasions. Each of the links below leads to culturally-specific recommendations for Chinese Americans, Filipino Americans, Korean Americans, South Asian Americans, and Southeast Asian Americans.

## TOPICS COVERED

1. Vegetables
2. Grains and starches
3. Proteins
4. Sweets
5. Drinks

## HYPERLINKS

Chinese Americans: <https://www.cdc.gov/diabetes/ndep/pdfs/choosing-healthy-foods-chinese-americans.pdf>

Filipino Americans: <https://www.cdc.gov/diabetes/ndep/pdfs/choosing-healthy-foods-filipino-americans.pdf>

Korean Americans: <https://www.cdc.gov/diabetes/ndep/pdfs/choosing-healthy-foods-korean-americans.pdf>

South Asian Americans: <https://www.cdc.gov/diabetes/ndep/pdfs/choosing-healthy-foods-south-asian-americans.pdf>

Southeast Asian Americans: <https://www.cdc.gov/diabetes/ndep/pdfs/choosing-healthy-foods-southeast-asian-americans.pdf>

# RESOURCES FOR BLACK/ AFRICAN AMERICAN POPULATIONS



## ORGANIZATION

Organization: Association of Diabetes Care & Education Specialists (ADCES)

## OVERVIEW

This handout for diabetes educators covers foods of African heritage, for use with African American individuals with diabetes. It includes tips for culturally competent care and a Diabetes African Heritage Pyramid.

## TOPICS COVERED

1. Diabetes in African Americans
2. Tips for culturally competent care
3. Diabetes African Heritage Pyramid
4. Additional resources

## HYPERLINK

<https://www.diabeteseducator.org/docs/default-source/practice/educator-tools/african-american-heritage-food.pdf?sfvrsn=2>



## ORGANIZATION

Organization: Centers for Disease Control and Prevention (CDC)

## OVERVIEW

This resource provides culturally-tailored tips for African Americans for making healthy choices when eating at a buffet table.

## TOPICS COVERED

1. Vegetables
2. Grains and starches
3. Proteins
4. Sweets
5. Drinks

## HYPERLINK

[https://www.cdc.gov/diabetes/ndep/pdfs/NDEP\\_Buffet\\_Table\\_Tips\\_AA.pdf](https://www.cdc.gov/diabetes/ndep/pdfs/NDEP_Buffet_Table_Tips_AA.pdf)

# RESOURCES FOR HISPANIC/LATINO POPULATIONS



## ORGANIZATION

Centers for Disease Control and Prevention (CDC)

## OVERVIEW

This webinar focuses on culturally-oriented nutrition interventions and materials specific for the Hispanic/Latino population. Slides are available for download.

## TOPICS COVERED

1. Racial and ethnic differences in prevalence of diagnosed diabetes
2. Three goals of medical nutrition therapy in diabetes management
3. Recommendations for primary prevention of diabetes
4. How to choose whole grain foods
5. Recommendations for the management of diabetes
6. Saturated fats
7. Macronutrients
8. Carbohydrates, fats, and oils
9. Food differences by Hispanic subgroups
10. Globalization of food
11. Portion control

## HYPERLINKS

<https://www.cdc.gov/diabetes/ndep/training-tech-assistance/webinars.html>

Video direct link: <https://youtu.be/gCJE-E2Aas8>



## ORGANIZATION

Organization: Centers for Disease Control and Prevention (CDC)

## OVERVIEW

This resource contains diabetes-friendly Hispanic/Latino recipes. Both Spanish and English versions are available.

## TOPICS COVERED

1. Healthy eating
2. Diabetes ABCs
3. Managing diabetes
4. Nutrition facts labels
5. How carbs affect your blood sugar
6. Reducing added sugars, saturated fats, salt, and alcohol
7. Portions and serving size
8. Recipes

## HYPERLINKS

[https://www.cdc.gov/diabetes/pdfs/managing/Tasty\\_Recipes\\_for\\_People\\_with\\_Diabetes-508.pdf](https://www.cdc.gov/diabetes/pdfs/managing/Tasty_Recipes_for_People_with_Diabetes-508.pdf)

<https://www.cdc.gov/diabetes/spanish/pdfs/resources/spanish-tasty-recipe-508.pdf>

# RESOURCES FOR PEOPLE EXPERIENCING FOOD INSECURITY



## ORGANIZATION

Centers for Disease Control and Prevention (CDC)

## OVERVIEW

This webinar focuses on how food insecurity can negatively affect diabetes self-management, glucose control, health care utilization, and ability to cope with a chronic illness. A link to the recorded webinar, presentation slides, and transcript are all available online.

## TOPICS COVERED

1. Measurement of food insecurity
2. SNAP
3. WIC
4. Community-based food and nutrition assistance
5. Food insecurity and diet
6. Screening for food insecurity in health systems
7. Finding resources near you

## HYPERLINKS

<https://www.cdc.gov/diabetes/ndep/training-tech-assistance/webinars.html>

Video direct link: <https://www.youtube.com/watch?v=HV0fhWucnu4>

# CARE DELIVERY APPS



## ORGANIZATION

American Diabetes Association (ADA)

## OVERVIEW

This resource equips providers with the complete Standards of Care and relevant algorithms. Providers can review new guidelines that the app publishes through updates. This app is available for iOS and Android.

## FEATURES

1. General care information
2. Promoting health and reducing disparities in populations
3. Classification and diagnosis of diabetes
4. Prevention or delay of type 2 diabetes
5. Comprehensive medical evaluation and assessment of comorbidities
6. Lifestyle management

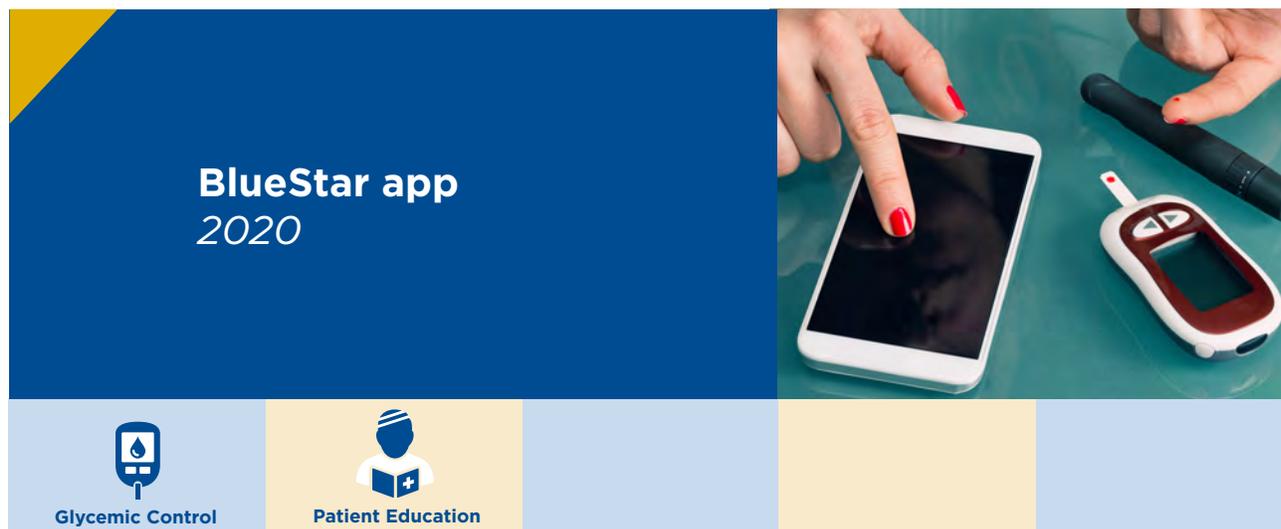
## HYPERLINKS

<https://professional.diabetes.org/content-page/standards-care-app-1>

Apple App Store: <https://professional.diabetes.org/StandardsiOS>

Google Play Store: <https://professional.diabetes.org/StandardsAndroid>

Web-based app: <http://adastandardssapp.diabetes.org/ada-web-app/home/>



## ORGANIZATION

WellDoc

## OVERVIEW

In addition to BlueStar's diabetes management features for patients, this app also includes a platform for providers. Providers can receive regular reports that document patient progress in different areas. These reports can serve as a tool for developing treatment plans or to communicate with patients during clinic visits. The app also offers information to providers on relevant evidence-based guidelines. This app is available for iOS and Android.

## FEATURES

1. Glucose monitoring
2. Diabetes education
3. 25,000 automated tailored coaching messages
4. Weekly patient challenges
5. Data reports for providers (90 day blood glucose summary, time of day concerns, weight tracking, etc.)
6. Evidence-based guidelines for providers

## HYPERLINKS

<https://www.welldoc.com/product/>

Apple App Store: <https://apps.apple.com/us/app/bluestar-diabetes/id700329056>

Google Play Store: [https://play.google.com/store/apps/details?id=com.welldoc.platform.android&hl=en\\_US&gl=US](https://play.google.com/store/apps/details?id=com.welldoc.platform.android&hl=en_US&gl=US)



## ORGANIZATION

Wolters Kluwer

## OVERVIEW

UpToDate is clinical decision support software that provides a comprehensive synthesis of evidence and recommendations that can be acted on by the provider at the point of care. Subscriptions are available for medical professionals; groups; residents, fellows, or students; patients and caregivers; hospitals, health systems, clinics, physician groups, or academic institutions; and healthcare businesses. Clinical education modules are available through the software. The software can be integrated into several electronic health record systems.

## TOPICS COVERED

1. Treatment goals
2. Diabetes education
3. Initial pharmacologic therapy
4. Monitoring
5. Persistent hyperglycemia
6. Society guideline links
7. Information for patients
8. Summary and recommendations
9. Graphics
10. Calculators

## HYPERLINKS

<http://www.uptodate.com>

Apple App Store: <https://apps.apple.com/us/app/uptodate/id334265345>

Google Play Store: [https://play.google.com/store/apps/details?id=com.uptodate.android&hl=en\\_US&gl=US](https://play.google.com/store/apps/details?id=com.uptodate.android&hl=en_US&gl=US)

Diabetes-specific examples:

1. <https://www.uptodate.com/contents/initial-management-of-blood-glucose-in-adults-with-type-2-diabetes-mellitus>
2. <https://www.uptodate.com/contents/overview-of-medical-care-in-adults-with-diabetes-mellitus>
3. <https://www.uptodate.com/contents/treatment-of-type-2-diabetes-mellitus-in-the-older-patient>



## ORGANIZATION

Joint Commission

---

## OVERVIEW

This resource presents in app format the Joint Commission's Cultural & Religious Sensitivity Guide for Health Care Professionals. It serves as a reference tool for the health care needs, expectations, and practices of nine races and ethnicities and 14 religions. It is designed to support health care staff in the mission to deliver culturally appropriate care.

Note: There is a cost to purchase this resource.

---

## TOPICS COVERED

1. The 4 C's of Culture
  2. Cultures
  3. Religions
- 

## HYPERLINKS

Apple App Store: <https://apps.apple.com/us/app/cultural-religious-sensitivity/id1264756036>

Google Play Store: [https://play.google.com/store/apps/details?id=com.jcrinc.csa&hl=en\\_US&gl=US](https://play.google.com/store/apps/details?id=com.jcrinc.csa&hl=en_US&gl=US)

# E-PRESCRIBING AND FORMULARY MANAGEMENT APPS



## ORGANIZATION

MDCalc

## OVERVIEW

This medical reference app includes information for providers on over 35 specialty areas. The app includes over 275 medical calculators, evidence appraisals, and insights from experts. This app is available for iOS and Android.

## FEATURES

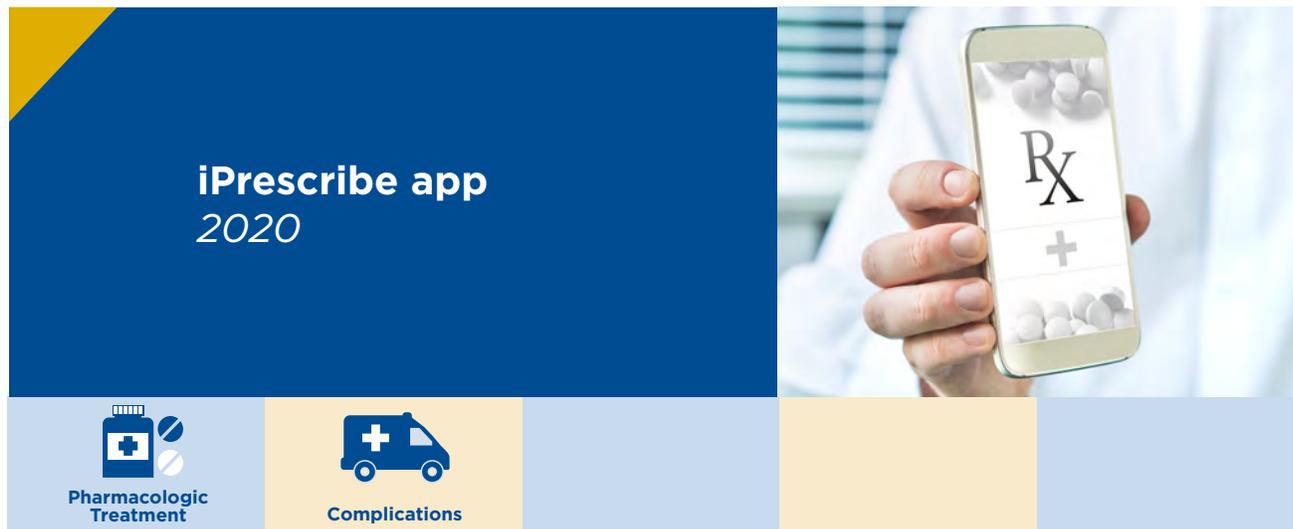
1. Risk scores
2. Algorithms
3. Equations
4. Diagnostic criteria
5. Formulas
6. Classifications
7. Dosing calculators

## HYPERLINKS

<http://apps.mdcalc.com/>

Apple App Store: <https://itunes.apple.com/us/app/mdcalc-medical-calculators-decision-support/id1001640662?mt=8>

Google Play Store: <https://play.google.com/store/apps/details?id=com.mdaware.mdcalc>



## ORGANIZATION

DrFirst

## OVERVIEW

This electronic prescribing app allows providers to prescribe or refill medications from their mobile device. This app is available for iOS and Android.

## FEATURES

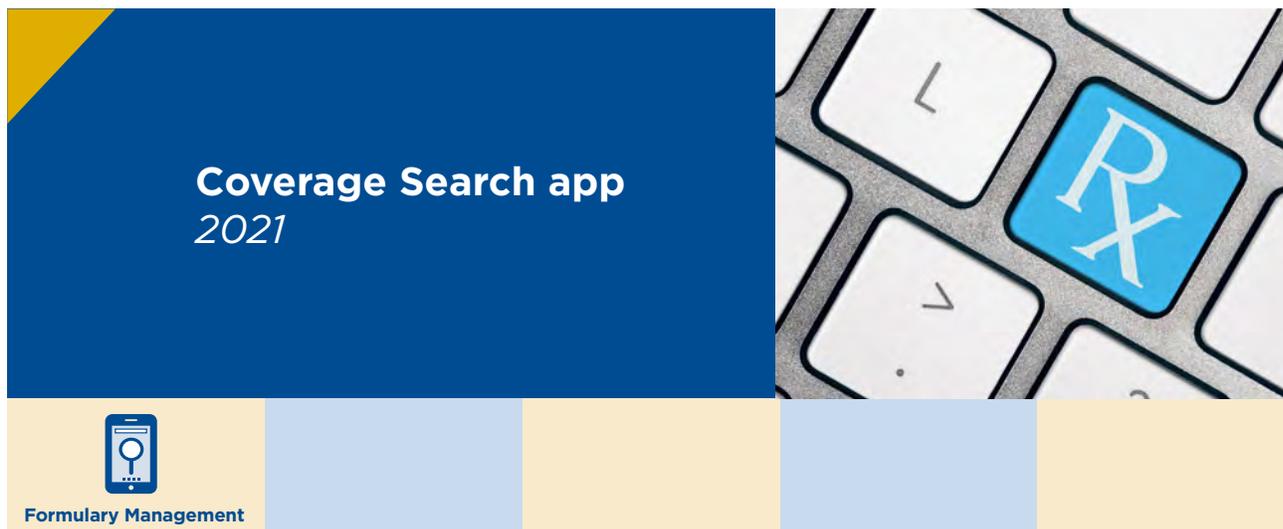
1. Electronic prescribing
2. Access to prescription drug monitoring program (PDMP) databases
3. Medication history
4. Allergy alerts
5. Out of pocket cost based on a patient's insurance

## HYPERLINKS

<https://www.drfirst.com/products/iprescribe/>

Apple App Store: <https://apps.apple.com/us/app/iprescribe/id1159038068>

Google Play Store: [https://play.google.com/store/apps/details?gl=US&hl=en\\_US&id=com.drfirst.iprescribepro](https://play.google.com/store/apps/details?gl=US&hl=en_US&id=com.drfirst.iprescribepro)



## ORGANIZATION

Managed Markets Insight & Technology and AIS Health

## OVERVIEW

This app allows providers to identify real-time status and restriction changes on all drugs. It includes formulary information on commercial, Medicare, Medicaid, and Exchanges. This app is available for iOS and Android.

## FEATURES

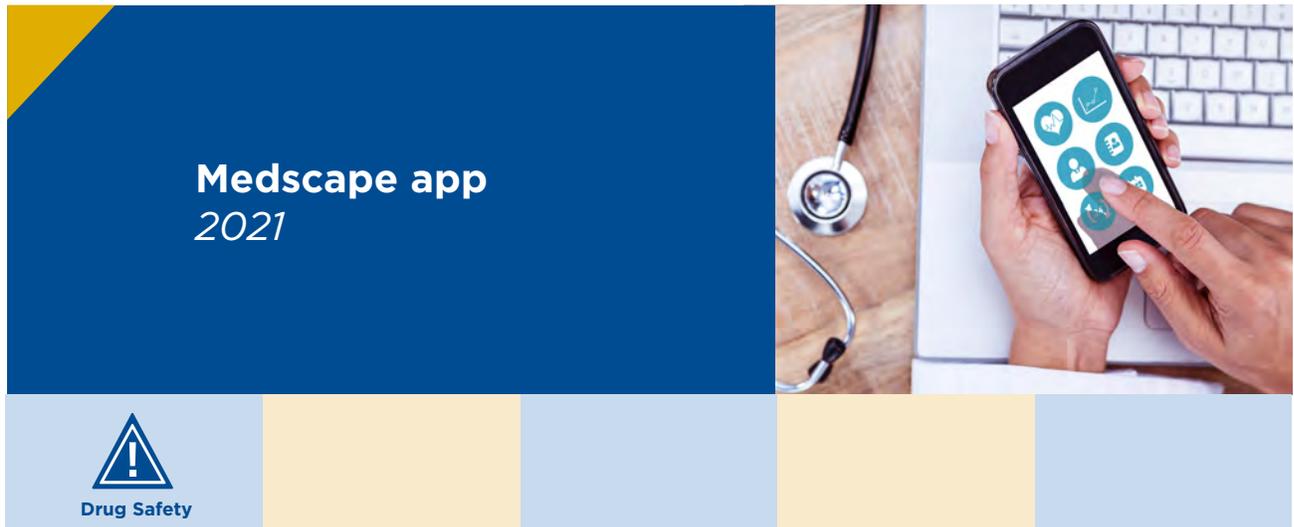
1. Drug restriction changes
2. Real-time coverage status
3. Updated on a nightly basis
4. Save favorite and recently searched drugs for quick reference

## HYPERLINKS

<https://www.mmitnetwork.com/coverage-search-app/>

Apple App Store: <https://apps.apple.com/us/app/formulary-search/id834992816?ign-mpt=uo%3D4>

Google Play Store: <https://play.google.com/store/apps/details?id=testformularysearch.mmit.com.formulary&hl=en&gl=US>



## ORGANIZATION

Medscape

## OVERVIEW

This app includes drug information, medical news, medical calculators, and continuing medical education opportunities for providers. It can be used to support providers in making real-time patient care decisions. This app is available for iOS and Android.

## FEATURES

1. News reports on various medical topics
2. Guidelines, safety, and prescription information for around 8,000 drugs
3. Visually identifying pills
4. Drug interaction
5. Over 600 dosing calculators
6. Educational videos and directives
7. Continuing medical education
8. Directories of physicians and pharmacies
9. Formulary information

## HYPERLINK

<https://www.medscape.com/public/medscapeapp>

Apple App Store: <https://itunes.apple.com/us/app/medscape/id321367289?mt=8>

Google Play Store: <https://play.google.com/store/apps/details?id=com.medscape.android>

# ACKNOWLEDGEMENTS

Diabetes Management: Directory of Provider Resources was prepared with input from National Institutes of Health National Institute of Diabetes and Digestive and Kidney Diseases; Centers for Medicare & Medicaid Services Advisory Panel on Outreach and Education; NORC at the University of Chicago; Jamie Murkey, MPH, PhD, CMS OMH Program Alignment and Partner Engagement Group 2019 summer intern; Asian Services in Action - International Community Health Center; Chinatown Public Health Center; Colorado Coalition for the Homeless; Garden City Community Health Center, Genesis Family Health; Jackson Medical Mall and Jackson Hinds Comprehensive Health Center; Montefiore Medical Center; Nash Health Care Systems; Sun Life Family Health Center; and Bryan W. Whitfield Memorial Hospital, Tombigbee Healthcare Authority.

# REFERENCES

- <sup>i</sup> Centers for Medicare & Medicaid Services. Your Medicare Coverage: Diabetes self-management training. Retrieved from <https://www.medicare.gov/coverage/diabetes-self-management-training>
- <sup>ii</sup> Centers for Medicare & Medicaid Services. Your Medicare Coverage: Nutrition therapy services. Retrieved from <https://www.medicare.gov/coverage/nutrition-therapy-services>
- <sup>iii</sup> Medicare.gov. Lower prescription costs. Retrieved from <https://www.medicare.gov/your-medicare-costs/get-help-paying-costs/lower-prescription-costs>
- See also: Medicare.gov. 5 ways to get help with prescription costs. Retrieved from <https://www.medicare.gov/drug-coverage-part-d/costs-for-medicare-drug-coverage/costs-in-the-coverage-gap/5-ways-to-get-help-with-prescription-costs>
- <sup>iv</sup> Medicare.gov. Medicare Savings Programs. Retrieved from <https://www.medicare.gov/your-medicare-costs/get-help-paying-costs/medicare-savings-programs>
- <sup>v</sup> Medicare.gov. Find a Pharmaceutical Assistance Program for the drugs you take. Retrieved from <https://www.medicare.gov/plan-compare/#/pharmaceutical-assistance-program?lang=en&year=2021>
- <sup>vi</sup> Centers for Medicare & Medicaid Services. (2021). Part D Senior Savings Model. Retrieved from <https://innovation.cms.gov/innovation-models/part-d-savings-model>
- See also: Medicare.gov. Your Medicare Coverage: Insulin. Retrieved from <https://www.medicare.gov/coverage/insulin#100>
- <sup>vii</sup> Using the ADCE7 Self-Care Behaviors to Improve Your Health. Retrieved from <https://www.diabeteseducator.org/living-with-diabetes/Tools-and-Resources>
- <sup>viii</sup> National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). (2016). Diabetes Diet, Eating, & Physical Activity. Retrieved from <https://www.niddk.nih.gov/health-information/diabetes/overview/diet-eating-physical-activity>
- <sup>ix</sup> Association of Diabetes Care & Education Specialists. (2020). An Effective Model of Diabetes Care and Education: Revising the AADE7 Self-Care Behaviors. *Diabetes Educator* 46, no. 2. <https://doi.org/10.1177/0145721719894903>.
- <sup>x</sup> Centers for Medicare & Medicaid Services Office of Minority Health. (Nov. 2021). Diabetes Disparities in Medicare Fee-For-Service Beneficiaries. Data Snapshot. Retrieved from <https://www.cms.gov/About-CMS/Agency-Information/OMH/Downloads/Data-Snapshots-Diabetes.pdf>
- <sup>xi</sup> CMS OMH and NORC. (2017). Racial and Ethnic Disparities in Diabetes Prevalence, Self-Management, and Health Outcomes among Medicare Beneficiaries. CMS OMH Data Highlight No. 6. Baltimore, MD. Retrieved from <https://www.cms.gov/About-CMS/Agency-Information/OMH/Downloads/March-2017-Data-Highlight.pdf>
- <sup>xii</sup> Breland JY, McAndrew LM, Gross RL, Leventhal H, Horowitz CR. Challenges to healthy eating for people with diabetes in a low-income, minority neighborhood. *Diabetes Care*. 2013;36(10):2895-2901. doi:10.2337/dc12-1632

- <sup>xiii</sup> Centers for Disease Control and Prevention. (2018). Diabetes Self-Management Education and Support (DSMES) Toolkit: AADE and ADA Requirements for Each Standard. Retrieved from [https://www.cdc.gov/diabetes/dsmes-toolkit/pdfs/AADE-and-ADA-Requirements-for-Each-Standard\\_508tagged.pdf](https://www.cdc.gov/diabetes/dsmes-toolkit/pdfs/AADE-and-ADA-Requirements-for-Each-Standard_508tagged.pdf)
- <sup>xiv</sup> Evert AB, Dennison M, Gardner CD, et al. Nutrition Therapy for Adults With Diabetes or Prediabetes: A Consensus Report. *Diabetes Care*. Published online April 10, 2019:dci190014. doi:10.2337/dci19-0014
- <sup>xv</sup> American Diabetes Association. (2018). Your Health Care Team. Retrieved from <https://diabetes.org/healthy-living/medication-treatments/your-health-care-team>
- <sup>xvi</sup> Mayo Clinic. (2017). Prediabetes: Symptoms and Causes. Retrieved from <https://www.mayoclinic.org/diseases-conditions/prediabetes/symptoms-causes/syc-20355278>
- Mayo Clinic. (2017). Prediabetes: Diagnosis and Treatment. Retrieved from <https://www.mayoclinic.org/diseases-conditions/prediabetes/diagnosis-treatment/drc-20355284>
- <sup>xvii</sup> American Diabetes Association. Insulin & Other Injectables. Retrieved from <https://diabetes.org/healthy-living/medication-treatments/insulin-other-injectables>
- <sup>xviii</sup> American Diabetes Association. (2018). What are my options? Retrieved from <https://diabetes.org/healthy-living/medication-treatments/oral-medication/what-are-my-options>



Paid for by the US Department of Health and Human Services.

Revised January 2023