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Guideline Summary NGC-8217

Guideline Title

Standards of medical care in diabetes. II. Testing for diabetes in asymptomatic patients.

Bibliographic Source(s)

American Diabetes Association (ADA). Standards of medical care in diabetes. II. Testing for diabetes in asymptomatic patients. Diabetes Care 2011 Jan;34(Suppl 1):S13-5.

Guideline Status

Note: This guideline has been updated. The National Guideline Clearinghouse (NGC) is working to update this summary.

Scope

Disease/Condition(s)

Type 2 diabetes mellitus

Guideline Category

Evaluation

Prevention

Risk Assessment

Screening

Clinical Specialty

Endocrinology

Family Practice

Geriatrics

Internal Medicine

Nursing

Pediatrics

Preventive Medicine

Intended Users

Advanced Practice Nurses

Allied Health Personnel

Health Care Providers

Health Plans

Hospitals

Managed Care Organizations

Nurses

Patients

Physician Assistants

Physicians

Public Health Departments

Guideline Objective(s)

- To make recommendations regarding testing for diabetes in asymptomatic patients
- To provide clinicians, patients, researchers, payers, and other interested individuals with the components of diabetes care, general treatment goals, and tools to evaluate the quality of care

Target Population

- Asymptomatic adults at risk of developing type 2 diabetes mellitus (i.e., individuals with body mass index [BMI] ≥25 kg/m^2 plus additional risk factors)
- Asymptomatic adults ≥45 years of age without risk factors
- Children at risk of developing diabetes mellitus (i.e., those with a BMI >85th percentile for age and sex, weight for height >85th percentile, or weight >120% of ideal for height, plus two additional risk factors)

Interventions and Practices Considered

Risk Assessment/Screening

1. Assessment of risk factors for type 2 diabetes
2. Testing for type 2 diabetes with A1C, fasting plasma glucose (FPG), or 2-hour oral glucose tolerance test (OGTT)
3. Repeat testing if needed
4. Identifying and treating other cardiovascular (CVD) risk factors if appropriate

Note: Guideline developers considered but did not recommend screening for type 1 diabetes in asymptomatic patients.

Major Outcomes Considered

Effectiveness of screening tests for type 2 diabetes

Methodology

Methods Used to Collect/Select the Evidence

Searches of Electronic Databases

Description of Methods Used to Collect/Select the Evidence

Not stated

Number of Source Documents

Not stated

Methods Used to Assess the Quality and Strength of the Evidence

Weighting According to a Rating Scheme (Scheme Given)

Rating Scheme for the Strength of the Evidence

American Diabetes Association's Evidence Grading System for Clinical Practice Recommendations

A

Clear evidence from well-conducted, generalizable, randomized controlled trials that are adequately powered, including:

- Evidence from a well-conducted multicenter trial
- Evidence from a meta-analysis that incorporated quality ratings in the analysis

Compelling nonexperimental evidence (i.e., "all or none" rule developed by the Centre for Evidence-Based Medicine at Oxford)

Supportive evidence from well-conducted randomized controlled trials that are adequately powered, including:

- Evidence from a well-conducted trial at one or more institutions
- Evidence from a meta-analysis that incorporated quality ratings in the analysis

B

Supportive evidence from well-conducted cohort studies, including:

- Evidence from a well-conducted prospective cohort study or registry
- Evidence from a well-conducted meta-analysis of cohort studies

Supportive evidence from a well-conducted case-control study

C

Supportive evidence from poorly controlled or uncontrolled studies, including:

- Evidence from randomized clinical trials with one or more major or three or more minor methodological flaws that could invalidate the results
- Evidence from observational studies with high potential for bias (such as case series with comparison to historical controls)
- Evidence from case series or case reports

Conflicting evidence with the weight of evidence supporting the recommendation

E

Expert consensus or clinical experience

Methods Used to Analyze the Evidence

Review of Published Meta-Analyses

Systematic Review

Description of the Methods Used to Analyze the Evidence

Not stated

Methods Used to Formulate the Recommendations

Expert Consensus

Description of Methods Used to Formulate the Recommendations

Not stated

Rating Scheme for the Strength of the Recommendations

Recommendations have been assigned ratings of A, B, or C, depending on the quality of evidence (see "Rating Scheme for the Strength of the Evidence"). Expert opinion (E) is a separate category for recommendations in which there is as yet no evidence from clinical trials, in which clinical trials may be impractical, or in which there is conflicting evidence. Recommendations with an "A" rating are based on large, well-designed clinical trials or well-done meta-analyses. Generally, these recommendations have the best chance of improving outcomes when applied to the population to which they are appropriate. Recommendations with lower levels of evidence may be equally important but are not as well supported.

Cost Analysis

Mathematical modeling studies suggest that screening independent of risk factors beginning at age 30 or 45 years is highly cost-effective (less than $11,000 per quality-adjusted life-year gained).

Method of Guideline Validation

Internal Peer Review

Description of Method of Guideline Validation

The recommendations were reviewed and approved by the Professional Practice Committee and, subsequently, by the Executive Committee of the Board of Directors.

Recommendations

Major Recommendations

Note: This guideline has been updated. The National Guideline Clearinghouse (NGC) is working to update this summary. The recommendations that follow are based on the previous version of the guideline.

The evidence grading system for clinical practice recommendations (A–C, E) is defined at the end of the "Major Recommendations" field.

Testing for Diabetes in Asymptomatic Patients

- Testing to detect type 2 diabetes and assess risk for future diabetes in asymptomatic people should be considered in adults of any age who are overweight or obese (body mass index [BMI] ≥25 kg/m^2) and who have one or more additional risk factors for diabetes. In those without these risk factors, testing should begin at age 45 years. (B)
- If tests are normal, repeat testing carried out at least at 3-year intervals is reasonable. (E)
- To test for diabetes or to assess risk of future diabetes, A1C, fasting plasma glucose (FPG), or 2-h 75-g oral glucose tolerance test (OGTT) is appropriate. (B)
- In those identified with increased risk for future diabetes, identify and, if appropriate, treat other cardiovascular disease (CVD) risk factors. (B)

Table. Criteria for Testing for Diabetes in Asymptomatic Adult Individuals

1.	Testing should be considered in all adults who are overweight (BMI ≥25 kg/m^2*) and have additional risk factors: • Physical inactivity • First-degree relative with diabetes • High-risk race/ethnicity (e.g., African American, Latino, Native American, Asian American, and Pacific Islander) • Women who delivered a baby weighing >9 lb or have been diagnosed with gestational diabetes mellitus (GDM) • Hypertension (≥140/90 mm Hg or on therapy for hypertension) • High-density lipoprotein (HDL) cholesterol level <35 mg/dL (0.90 mmol/L) and/or a triglyceride level >250 mg/dL (2.82 mmol/L) • Women with polycystic ovary syndrome (PCOS)

	• A1C ≥5.7%, impaired glucose tolerance (IGT), or impaired fasting glucose (IFG) on previous testing • Other clinical conditions associated with insulin resistance (e.g., severe obesity and acanthosis nigricans) • History of CVD
2.	In the absence of the above criteria, testing for diabetes should begin at age 45 years.
3.	If results are normal, testing should be repeated at least at 3-year intervals, with consideration of more frequent testing depending on initial results and risk status.

*At-risk BMI may be lower in some ethnic groups.

Table. Testing for Type 2 Diabetes in Asymptomatic Children

Criteria:	Overweight (BMI >85th percentile for age and sex, weight for height >85th percentile, or weight >120% of ideal for height)
Plus any two of the following risk factors:	• Family history of type 2 diabetes in first- or second-degree relative • Race/ethnicity (Native American, African American, Latino, Asian American, Pacific Islander) • Signs of insulin resistance or conditions associated with insulin resistance (e.g., acanthosis nigricans, hypertension, dyslipidemia, PCOS, or small for gestational age birthweight) • Maternal history of diabetes or gestational diabetes mellitus (GDM) during the child's gestation
Age of initiation	Age 10 years or at onset of puberty, if puberty occurs at a younger age
Frequency	Every 3 years

Definitions:

American Diabetes Association's Evidence Grading System for Clinical Practice Recommendations

A

Clear evidence from well-conducted, generalizable, randomized controlled trials that are adequately powered, including:

- Evidence from a well-conducted multicenter trial
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- Evidence from a well-conducted trial at one or more institutions
- Evidence from a meta-analysis that incorporated quality ratings in the analysis

B

Supportive evidence from well-conducted cohort studies, including:

- Evidence from a well-conducted prospective cohort study or registry
- Evidence from a well-conducted meta-analysis of cohort studies

Supportive evidence from a well-conducted case-control study

C

Supportive evidence from poorly controlled or uncontrolled studies, including:

- Evidence from randomized clinical trials with one or more major or three or more minor methodological flaws that could invalidate the results
- Evidence from observational studies with high potential for bias (such as case series with comparison to historical controls)
- Evidence from case series or case reports

Conflicting evidence with the weight of evidence supporting the recommendation

E

Expert consensus or clinical experience

Clinical Algorithm(s)

None provided

Evidence Supporting the Recommendations

Type of Evidence Supporting the Recommendations

The type of supporting evidence is identified and graded for selected recommendations (see the "Major Recommendations" field).

Benefits/Harms of Implementing the Guideline Recommendations

Potential Benefits

Screening of high-risk asymptomatic patients for diabetes may help to prevent the progression of prediabetes to diabetes and reduce the risk of complications of diabetes by early recognition and treatment.

Potential Harms

Not stated

Qualifying Statements

Qualifying Statements

- Evidence is only one component of clinical decision-making. Clinicians care for patients, not populations; guidelines must always be interpreted with the needs of the individual patient in mind. Individual circumstances such as comorbid and coexisting diseases, age, education, disability, and, above all, patients' values and preferences, must also be considered and may lead to different treatment targets and strategies. Also, conventional evidence hierarchies such as the one adapted by the American Diabetes Association may miss some nuances that are important in diabetes care. For example, while there is excellent evidence from clinical trials supporting the importance of achieving glycemic control, the optimal way to achieve this result is less clear. It is difficult to assess each component of such a complex intervention.
- While individual preferences, comorbidities, and other patient factors may require modification of goals, targets that are desirable for most patients with diabetes are provided. These standards are not intended to preclude clinical judgment or more extensive evaluation and management of the patient by other specialists as needed.

Implementation of the Guideline

Description of Implementation Strategy

While numerous interventions to improve adherence to the recommended standards have been implemented, a major contributor to suboptimal care is a delivery system that too often is fragmented, lacks clinical information capabilities, often duplicates services, and is poorly designed for the delivery of chronic care. The Chronic Care Model (CCM) includes six core elements for the provision of optimal care of patients with chronic disease: 1) delivery system design (moving from a *reactive* to a *proactive* care delivery system, where planned visits are coordinated through a team-based approach; 2) self-management support; 3) decision support (basing care on consistent, effective care guidelines); 4) clinical information systems (using registries that can provide patient-specific and population-based support to the care team); 5) community resources and policies (identifying or developing resources to support healthy lifestyles); and 6) health systems (to create a quality-oriented culture). Alterations in reimbursement that reward the provision of quality care, as defined by the attainment of evidence-based quality measures, will also be required to achieve desired outcome goals. Redefinition of the roles of the clinic staff and promoting self-management on the part of the patient are fundamental to the successful implementation of the CCM. Collaborative, multidisciplinary teams are best suited to provide such care for people with chronic conditions like diabetes and to facilitate patients' performance of appropriate self-management.

A rapidly evolving literature suggests that there are three major strategies to successfully improve the quality of diabetes care delivered by a team of providers. National Diabetes Education Program (NDEP) maintains an online resource (www.betterdiabetescare.nih.gov) to help health care professionals design and implement more effective health care delivery systems for those with diabetes.

Three specific objectives are outlined below.

Objective 1

Provider and team behavior change: Facilitate timely and appropriate intensification of lifestyle and/or pharmaceutical therapy of patients who have not achieved beneficial levels of blood pressure, lipid, or glucose control.

- Clinical information systems including registries that can prospectively identify and track those requiring assessments and/or treatment modifications by the team.
- Electronic medical record-based clinical decision support at the point of care, both personalize and standardize care and can be used by multiple providers.
- Use of checklists and/or flow sheets that mirror guidelines.
- Detailed treatment algorithms enabling multiple team members to "treat to target" and appropriately intensify therapy.
- Availability of care or disease management service by nurses, pharmacists, and other providers using detailed algorithms often catalyzing reduction in A1C, blood pressure, and low-density lipoprotein (LDL) cholesterol.

Objective 2

Patient behavior change: Implement a systematic approach to support patients' behavior change efforts as needed including 1) healthy lifestyle (physical activity, healthy eating, nonuse of tobacco, weight management, effective coping, medication taking and management); 2) prevention of diabetes complications (screening for eye, foot, and renal complications; immunizations); and 3) achievement of appropriate blood pressure, lipid, and glucose goals.

- Delivery of high-quality diabetes self-management education (DSME), which has been shown to improve patient self-management, satisfaction, and glucose control.
- Delivery of ongoing diabetes self-management support (DSMS) to ensure that gains achieved during DSME are

sustained. National DSME standards call for an integrated approach that includes clinical content and skills, behavioral strategies (goal-setting, problem solving), and addressing emotional concerns in each needed curriculum content area. Provision of continuing education and support (DSMS) improves maintenance of gains regardless of the educational methodology.

- Provision of automated reminders via multiple communication channels to various subgroups of diabetic patients.

Objective 3

Change the system of care: Research on the comprehensive CCM suggests additional strategies to improve diabetes care, including the following:

- Basing care on consistent, evidence-based care guidelines
- Redefining and expanding the roles of the clinic staff
- Collaborative, multidisciplinary teams to provide high-quality care and support patients' appropriate self-management
- Audit and feedback of process and outcome data to providers to encourage population-based care improvement strategies
- Care management, one of the most effective diabetes quality improvement strategies to improve glycemic control
- Identifying and/or developing community resources and public policy that support healthy lifestyles
- Alterations in reimbursement that reward the provision of appropriate and high-quality care and accommodate the need to personalize care goals, providing additional incentives to improve diabetes care

The most successful practices have an institutional priority for quality of care, expanding the role of teams and staff, redesigning their delivery system, activating and educating their patients, and using electronic health record tools. Recent initiatives such as the Patient Centered Medical Home show promise in improving outcomes through coordinated primary care and offer new opportunities for team-based chronic disease care.

It is clear that optimal diabetes management requires an organized, systematic approach and involvement of a coordinated team of dedicated health care professionals working in an environment where patient-centered high-quality care is a priority.

Implementation Tools

Personal Digital Assistant (PDA) Downloads

Quick Reference Guides/Physician Guides

Slide Presentation

For information about availability, see the *Availability of Companion Documents* and *Patient Resources* fields below.

Institute of Medicine (IOM) National Healthcare Quality Report Categories

IOM Care Need

Living with Illness

Staying Healthy

IOM Domain

Effectiveness

Identifying Information and Availability

Bibliographic Source(s)

American Diabetes Association (ADA). Standards of medical care in diabetes. II. Testing for diabetes in asymptomatic patients. Diabetes Care 2011 Jan;34(Suppl 1):S13-5.

Adaptation

Not applicable: The guideline was not adapted from another source.

Date Released

1998 (revised 2011 Jan)

Guideline Developer(s)

American Diabetes Association - Professional Association

Source(s) of Funding

American Diabetes Association (ADA)

Guideline Committee

Professional Practice Committee

Composition of Group That Authored the Guideline

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Financial Disclosures/Conflicts of Interest

All members of the Professional Practice Committee are required to disclose potential conflicts of interest.

Conflict of interest disclosures for the 2010 Professional Practice Committee Members are available from the American Diabetes Association (ADA) Web site (see "Availability of Companion Documents" field).

Guideline Status

Note: This guideline has been updated. The National Guideline Clearinghouse (NGC) is working to update this summary.

Guideline Availability

Electronic copies of the updated guideline: Available from the American Diabetes Association (ADA) Web site.

Print copies: Available from the American Diabetes Association, 1701 North Beauregard Street, Alexandria, VA 22311.

Availability of Companion Documents

The following are available:

- Introduction. Diabetes Care 34:S1-S2, 2011.
- Summary of revisions for the 2011 clinical practice recommendations. Diabetes Care 34:S3, 2011.
- Executive summary: standards of medical care in diabetes. Diabetes Care 34:S4-S10, 2011.
- Professional Practice Committee Members (includes conflict of interest disclosure). Diabetes Care 34:S97-S98, 2011.

Electronic copies: Available from the American Diabetes Association (ADA) Web site.

Print copies: Available from the American Diabetes Association, 1701 North Beauregard Street, Alexandria, VA 22311.

The following are also available:

- Diagnosis and classification of diabetes mellitus. Diabetes Care 2011 Jan; 34(Suppl 1):S62-S69, 2011. Electronic copies: Available from the ADA Web site.
- 2011 Standards of medical care in diabetes. Clinical practice recommendations. Slide set. American Diabetes Association; 2011 Jan. 130 p. Electronic copies: Available from the ADA Web site.
- 2011 Standards of medical care in diabetes. Clinical practice recommendations. Personal Digital Assistant (PDA). American Diabetes Association; 2011 Jan. Electronic copies: Available for download from the ADA Web site.

Patient Resources

None available

NGC Status

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