



## \*Highlights of I.H.S. Standards of Care for People with Diabetes<sup>19</sup>

### ❖ When First Diagnosed

A person should have...

- ❖ A physical exam that includes height, weight, lab tests and an ECG
- ❖ Pneumovax vaccine
- ❖ TB skin test (or chest x-ray)



## I.H.S. Standards of Care

### ❖ Once a Year

A person should have...

- ❖ Dilated eye exam
- ❖ Dental exam
- ❖ Urine and blood tests to check lipids and kidney function
- ❖ Complete foot exam to check nerves and pulses
- ❖ Flu shot in October or November



## I.H.S. Standards of Care

### ❖ At Each Visit

A person should have...

- ❖ Blood pressure check
- ❖ Blood sugar test (A1c every 3-4 months)
- ❖ Foot exam to look for any sores or skin problems on toes or feet



## Helpful Website Links

- ❖ <http://www.ihs.gov/medicalPrograms/diabetes/2001soc.pdf>
- ❖ <http://www.ihs.gov/medicalPrograms/diabetes/AIEldersandDiab.asp>
- ❖ <http://www.ihs.gov/medicalPrograms/diabetes/NDPreferences.asp>
- ❖ [http://www.HealthierUS.gov/steps/summit/prevportfolio/Power\\_Of\\_Prevention.pdf](http://www.HealthierUS.gov/steps/summit/prevportfolio/Power_Of_Prevention.pdf)
- ❖ <http://www.cdc.gov/Diabetes/projects/comm.htm>
- ❖ <http://www.niddk.nih.gov/patient/dpp/dpp.htm>
- ❖ <http://www.cdc.gov/diabetes/news/docs/qucomm.htm>



## Engaging Native Elders and CHRs: *Talking Circles in Community-based Diabetes Education*



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