



American Heart Association®

Target: Type 2 DiabetesSM

Resource Guide: Clinical Practice Questions

This **Resource Guide** is intended as a supportive tool for answering the Clinical Practice Questions (Q7-Q11) included as part of the formal data submission process for 2024 Target: Type 2 Diabetes achievement awards. These questions are meant to serve as an assessment of your organization's practices for diabetes care, particularly assessing and managing risk for cardiovascular disease (CVD), use of guideline-based medical therapies, and preventing chronic kidney disease (CKD).

These questions are required to receive an achievement award but do not affect award level. To see a full list of questions and find instructions for submitting data, please download the [2024 Target: Type 2 Diabetes Data Collection Worksheet](#).

Clinical Practice Questions

- [Protocols & Treatment Plans \(Q7 – Q8\)](#)
- [Guideline-Based Pharmacologic Therapy \(Q9 – Q10\)](#)
- [Kidney Health \(Q11\)](#)

Note:

- The 2024 recognition cycle is based on the performance period of the 2023 calendar year (1/1/2023- 12/31/2023)
- Please consider the organizational area your data submission represents. For example, if the facility name in the data platform is ABC Health System – North Clinic, and the other data submitted are specific to this facility, please answer the below questions with only North Clinic in mind. However, if you are submitting data on behalf of the entirety of ABC Health System, please answer the below questions with the whole of ABC Health System in mind, to the best of your ability.

PROTOCOLS & TREATMENT PLANS

Protocols & Treatment Plans (Target: Type 2 Diabetes Questions 7 & 8):

Q7. Which of the following key characteristics do your clinical teams address for patients with type 2 diabetes as part of organizational standard protocols?^{1.1} Select All that Apply.

- | | |
|--|---|
| <input type="checkbox"/> Current lifestyle | <input type="checkbox"/> Social determinants of health (economic and social conditions that may affect a patient's health) |
| <input type="checkbox"/> Co-morbidities i.e. ASCVD, HF, CKD | <input type="checkbox"/> Other characteristics not listed |
| <input type="checkbox"/> Clinical characteristics associated with increased CVD risk i.e. age, blood pressure, cholesterol, smoking, age, weight, etc. | <input type="checkbox"/> We don't have a standard protocol to address key characteristics of patients with type 2 diabetes. |
| <input type="checkbox"/> Issues such as motivation and depression | <input type="checkbox"/> I don't know / I'm not sure |

Q8. When your organization operationalizes treatment plans for managing patients with type 2 diabetes, which of the following considerations does the treatment plan include as standard process? *Select All that Apply.*

- Comprehensive lifestyle modification recommendations^{1,2, 1.3, 5.1}
- Diabetes self-management education and support^{2.1, 2.3}
- Use of guideline-based treatment algorithms (such as the ADA Standards of Care treatment algorithm or ACC/AHA treatment of T2DM for primary prevention of CVD algorithm) by providers and care teams^{2.2}
- Use of ACC/AHA ASCVD Risk Calculator⁴ for CVD risk-based treatment decisions related hypertension and lipid management in patients with type 2 diabetes^{2.4}
- Use of guideline-based pharmacologic therapy³ inclusive of cardio protective antihyperglycemic agents, such as SGLT-2 inhibitors and GLP-1 receptor agonists^{2.5}
- We don't operationalize a specific treatment plan for patients with type 2 diabetes.
- None of the above
- I don't know / I'm not sure

RELEVANT RESOURCES: *PROTOCOL & TREATMENT PLAN RESOURCES*

1. [2019 ACC/AHA Guideline on the Primary Prevention of Cardiovascular Disease from the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines](#)

1.1 | "Recommendation-Specific Supportive Text," e601-602

1.2 | "Lifestyle Factors Affecting Cardiovascular Risk," e605

1.3 | "Recommendation-Specific Supportive Text," e609

2. **Know Diabetes by Heart™ Resources**

2.1 | [ADA Living with Type 2 Diabetes Program](#)

2.2 | **Job Aid:** [ADA Standards of Care and ACC/AHA Guidelines: Best Practices and Recommendations for CVD Prevention in Patients with T2D](#)

2.3 | **Job Aids:** [Initiating DSMES Referrals at Critical Time \(1-4\)](#)

2.4 | **Job Aid:** [Implementing the ASCVD Risk Calculator Within the Patient-Visiting Workflow](#)

2.5 | **Webinar:** [Tough Cases: Achieving All "Targets"](#)

3. [Pharmacologic Approaches to Glycemic Treatment: Standards of Medical Care in Diabetes—2024 from the American Diabetes Association](#)

3.1 | Pharmacologic Therapy for Adults with Type 2 Diabetes, Table 9

4. [ACC/AHA ASCVD Risk Calculator](#)

5. [Comprehensive Management of Cardiovascular Risk Factors for Adults With Type 2 Diabetes: A Scientific Statement From the American Heart Association](#)

5.1 | "Lifestyle Management," e724-726

6. **Standards of Medical Care in Diabetes—2024 from the American Diabetes Association**

6.1 | [5. Facilitating Positive Health Behaviors and Well-Being to Improve Health Outcomes](#)

GUIDELINE-BASED PHARMACOLOGIC THERAPY

Guideline-Based Pharmacologic Therapy (Target: Type 2 Diabetes Questions 9 & 10):

9A-9F. Please indicate where the following therapies are being prescribed for patients with type 2 diabetes, to the best of your knowledge.

Therapies:^{7,1}

- | | |
|---|--|
| A. Angiotensin system blockers (ACE inhibitor, ARB, or ARNI) | D. Dipeptidyl Peptidase-4 (DPP4) inhibitors |
| B. Other antihypertensive medications such as beta-blockers, diuretics, etc. EXCEPT ACE/ARB/ARNI | E. GLP-1 receptor agonists |
| C. Lipid-lowering therapies | F. SGLT-2 inhibitors |

Within my organization, [A-F individually], are prescribed for patients with type 2 diabetes in:

Select All that Apply.

- | | |
|--|--|
| <input type="checkbox"/> Family medicine or internal medicine | <input type="checkbox"/> None of the above – we refer to external specialty providers |
| <input type="checkbox"/> Another specialty or specialties (example: general cardiology, endocrinology, etc.) | <input type="checkbox"/> None of the above – my organization neither prescribes these therapies nor has a process for referral |
| <input type="checkbox"/> Specialty clinic(s), such as those focused solely on lipid or cardiometabolic care | <input type="checkbox"/> I don't know / I'm not sure |

10. What barriers does your organization experience related to initiation of guideline-directed medical therapy for cardio protective antihyperglycemic agents, such as SGLT-2 inhibitors and GLP-1 receptor agonists, for patients with type 2 diabetes?

Select all that apply.

- | | |
|---|--|
| <input type="checkbox"/> System-based barriers such as formulary or prior authorization limitations ⁸ | <input type="checkbox"/> Clinicians unsure who is the primary lead in prescribing cardio protective antihyperglycemic agents, i.e., whether to refer to specialty provider for prescribing |
| NOTE: <i>Selecting this option will prompt an additional question, shown below in red.</i> | <input type="checkbox"/> Prescriber reluctance to modify or add to patients' medications |
| Please select the factors that impact accessibility of cardio protective antihyperglycemic agents | <input type="checkbox"/> Lack of access to specialist for referral |
| <input type="checkbox"/> Medications not on formulary ⁸ | <input type="checkbox"/> Patient reluctance, such as concerns about adverse effects or negative perception of pharmacotherapy in general ^{9,1} |
| <input type="checkbox"/> Limited resources to assist with prior authorization | <input type="checkbox"/> Cost/affordability concerns expressed by patients |
| <input type="checkbox"/> Other factors | <input type="checkbox"/> Other circumstantial barriers for patients, such as lack of transportation, lack of pharmacy access, homelessness, etc. |
| <input type="checkbox"/> Limited clinician awareness of the guideline-directed medical therapies or their application | <input type="checkbox"/> Other barriers not listed |
| | <input type="checkbox"/> No barriers |
| | <input type="checkbox"/> I don't know / I'm not sure |

RELEVANT RESOURCES: *GUIDELINE-BASED PHARMACOLOGIC THERAPY*

7. [Comprehensive Management of Cardiovascular Risk Factors for Adults with Type 2 Diabetes: A Scientific Statement from the American Heart Association](#)

7.1 | Table 2, e729-731

8. [Unlocking Medication Access: Navigating Drug Formulary and Prior Authorization Challenges](#)

9. Know Diabetes by Heart™ Resources

9.1 | Job Aid: [Implementing a Medication Adherence Program Targeting Patients with T2D at Risk for CVD](#)

10. Webinar: [Removing Disparities in Diabetes Care](#)

KIDNEY HEALTH

11. Does your organization routinely evaluate kidney health for patients with type 2 diabetes?¹¹ *Select one option.* Yes No

If “Yes” is selected, please select your processes for evaluating kidney health for patients with diabetes:

- | | |
|--|--|
| <input type="checkbox"/> Assessment of estimated glomerular filtration rate (eGFR) at least once per year, per patient ^{13,1} | <input type="checkbox"/> Assessment of urine albumin-creatinine ratio (uACR) less frequently than once per year per patient (such as once every 2 years) |
| <input type="checkbox"/> Assessment of estimated glomerular filtration rate (eGFR) less frequently than once per year per patient (such as once every 2 years) | <input type="checkbox"/> Assessment of kidney health using some other metric |
| <input type="checkbox"/> Assessment of urine albumin-creatinine ratio (uACR) at least once per year, per patient ^{13,1} | <input type="checkbox"/> We do not have a process to evaluate kidney health in patients with diabetes |
| | <input type="checkbox"/> I don't know / I'm not sure |

RELEVANT RESOURCES: KIDNEY HEALTH

11. [Outpace CVD Kidney Health Screening Guide](#)

12. [Cardiorenal Protection with the Newer Antidiabetic Agents in Patients with Diabetes and Chronic Kidney Disease: A Scientific Statement from the American Heart Association](#)

13. [Chronic Kidney Disease and Risk Management: Standards of Medical Care in Diabetes - 2024](#)

13.1 | “Screening Recommendations:

14. Know Diabetes by Heart™ Resources

14.1 | Webinar: [ADA 82nd Scientific Sessions Recap – Latest Research on CVD and Diabetes including Renal Risk Management](#)

14.2 | Podcast: [Identifying and managing Renal Complications in Patients with T2D and CVD](#)

14.3 | Podcast: [Managing CV and Renal Risk in Patients with T2D](#)

Know Diabetes by Heart™

Additional clinical tools and resources to help you better manage cardiovascular risk in patients with diabetes mellitus are available online at www.knowdiabetesbyheart.org/professional/.

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2. Know Diabetes by Heart™ | Managing Type 2 Diabetes and Heart Risks. Know Diabetes by Heart. <https://www.knowdiabetesbyheart.org/>
3. ElSayed NA, Aleppo G, Bannuru RR, et al. 9. Pharmacologic Approaches to Glycemic Treatment: Standards of Care in Diabetes—2024. *Diabetes Care*. 2023;47(Supplement_1):S158–S178. doi:10.2337/dc24-s009
4. u2018 Prevention Guidelines Tool CV Risk Calculator. *static.heart.org*. <https://static.heart.org/riskcalc/app/index.html#>
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6. American diabetes association. Standards of Medical Care in Diabetes—2022 Abridged for Primary Care Providers. *Clinical Diabetes*. 2021;40(1). doi:10.2337/cd22-as01
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8. American Heart Association; 2023. Accessed December 13, 2023. <https://www.youtube.com/watch?v=30iK70Hsm9Y>.
9. Job Aids. Know Diabetes by Heart. Accessed November 9, 2022. <https://www.knowdiabetesbyheart.org/job-aids/>

10. Removing Disparities in Diabetes Care. American Diabetes Association; 2023. Accessed December 13, 2023. <https://professional.diabetes.org/content-page/removing-disparities-diabetes-care>.
11. American Heart Association. (n.d.). Outpace CVD Kidney Health Screening Guide. Target: Type 2 Diabetes - Outpatient. https://www.heart.org/-/media/Files/Professional/Quality-Improvement/Target-Type-2-Diabetes/OutpaceCVD_KidneyHealthInT2D_24.pdf
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13. American Diabetes Association Professional Practice Committee, ElSayed NA, Aleppo G, et al. 11. chronic kidney disease and risk management: Standards of care in diabetes-2024. American Diabetes Association. December 11, 2023. Accessed December 13, 2023. https://diabetesjournals.org/care/article/47/Supplement_1/S219/153938/11-Chronic-Kidney-Disease-and-Risk-Management.
14. Type 2 Diabetes Resources | Know Diabetes by Heart™. Know Diabetes by Heart. <https://www.knowdiabetesbyheart.org/resources/>