

## Updated Guidelines for Walk-In Diabetes Patients(10/21/25)

**Start basal insulin in these cases due to overwhelming evidence of benefit to patients:**

- A1c  $\geq 10\%$ , fasting glucose  $\geq 300$  mg/dL, or catabolic symptoms (weight loss, polyuria/polydipsia)
- Marked hyperglycemia despite dual/triple therapy
- Acute illness or holding oral agents

**Order basal insulin with these orders at CHC pharmacy:**

- Referral for diabetes education
- Insulin glargine U-100 pen, dispense 15ml (1 box has five 3ml pens)
  - dosed at 10 units once daily or 0.1–0.2 Units/kg once daily.
  - Include on sig "adjust per protocol".
  - Use medication formulary search for insured patients to choose the preferred basal insulin
  - Lantus solostar pens are cheapest on 340b.
  - Pens are easier for patients and safer. Always add pen needles.
- Pen needles 32G 5/32" (4 mm) –qty 100, 11 refills
- TrueMetrix Glucometer kit (covered brand)
- TrueMetrix Test strips – 100, 11 refills (test 1–2×/day)
- Lancets – 100, 11 refills
- Metformin 500mg extended release one pill once daily
  - No need to start higher than this, will be adjusted in clinic. Insulin is the fast-acting important medicine

**Communicate:**

- Message clinic RNs for same-day insulin/glucometer teaching
  - If clinic RN unavailable, message Triage RN & pharmacy
- Telephone encounter to clinic or triage RN for insulin follow up
- Follow up orders for Reception scheduling clinic follow up in 2–4 weeks

**Order GAD-65 Antibodies to check for type 1 DM if <18 years old or two or more of the following:**

- Age <50
- BMI <25
- Symptomatic hyperglycemia (fatigue, weight loss, polyuria, DKA etc)
- Positive personal or family history of autoimmune disease