

## Framework for Goal Adjustment

Adapted How Sweet It Is! Management of Diabetes: Monitoring Diabetes Mellitus

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Patient Characteristics/ Health Status	Rationale	Reasonable A1c Goal (%)	Fasting or preprandial BG (mg/dl)	Bedtime BG (mg/dl)	Blood Pressure (mmHg)	Lipids
Healthy	Longer remaining life expectancy	< 7.5	90-130	90-150	< 140/90	Statin unless contraindicated or not tolerated
Complex/intermediate	Intermediate remaining life expectancy, high treatment burden, hypoglycemia vulnerability, fall risk	< 8.0	90-150	100-180	< 140/90	
Very complex/poor health	Limited remaining life expectancy makes benefit uncertain	< 8.5	100-180	110-200	< 150/90	Consider likelihood of benefit with statin (2° > 1° prevention)

Healthy – few coexisting chronic illnesses, intact cognitive and functional status

Complex/intermediate – multiple coexisting chronic illnesses or 2+ instrumental ADL impairments or mild-to-moderate cognitive impairment

Very complex/poor health – LTC or end-stage chronic illnesses or moderate-to-severe cognitive impairment or 2+ ADL dependencies

Reference(s):

- Diabetes Care 2017;40(Suppl. 1):S1-138