Diabetes Mellitus Type 1

Diagnosis of Type 1

Life style modification
Home glucose monitoring essential

Disease identification card or disc recommended

Monitor HbA1c at 3-6 monthly intervals

Insulin for all

Individualization essential

HbA1c target of < 7.0% achieved within 3 months?

YES

NO

Continue management

If conventional regimen, an intensive insulin regimen may be indicated Review by specialist physician if necessary

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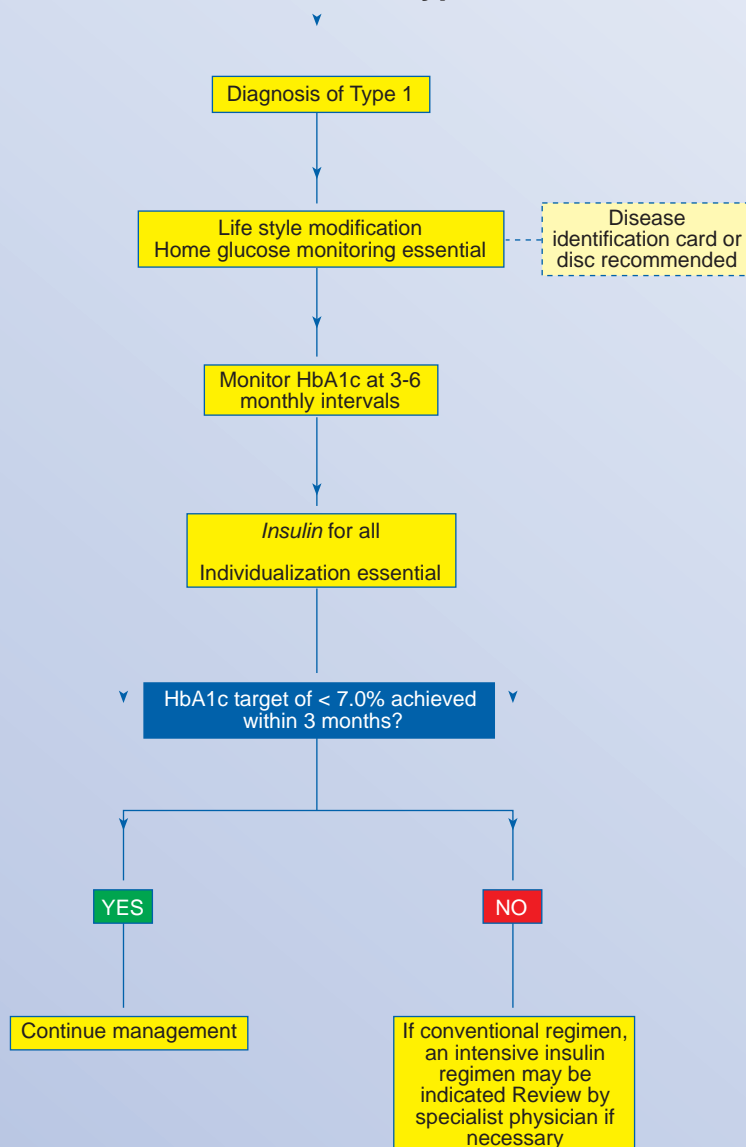

Chronic disease list algorithms

The new Medical Schemes Act requires that chronic diseases be diagnosed and managed according to the prescribed therapeutic algorithms for the condition, published by the Minister of Health.

Algorithms for the 25 conditions on the chronic disease list are available at http://www.medicalschemes.com.

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Glossary:
- HbA1c – Glycosylated hemoglobin
- BMI – Body mass index

Applicable ICD 10 Coding:
- E11 Non-insulin-dependent diabetes mellitus
  - E11.0 Non-insulin-dependent diabetes mellitus with coma
  - E11.1 Non-insulin-dependent diabetes mellitus with ketoacidosis
  - E11.2 Non-insulin-dependent diabetes mellitus with renal complications
  - E11.3 Non-insulin-dependent diabetes mellitus with ophthalmic complications
  - E11.4 Non-insulin-dependent diabetes mellitus with neurological complications
  - E11.5 Non-insulin-dependent diabetes mellitus with peripheral circulatory complications
  - E11.6 Non-insulin-dependent diabetes mellitus with other specified complications
  - E11.7 Non-insulin-dependent diabetes mellitus with multiple complications
  - E11.8 Non-insulin-dependent diabetes mellitus with unspecified complications
  - E11.9 Non-insulin-dependent diabetes mellitus without complications
- E12 Malnutrition-related diabetes mellitus
  - E12.0 Malnutrition-related diabetes mellitus with coma
  - E12.1 Malnutrition-related diabetes mellitus with ketoacidosis
  - E12.2 Malnutrition-related diabetes mellitus with renal complications
  - E12.3 Malnutrition-related diabetes with ophthalmic complications
  - E12.4 Malnutrition-related diebetes mellitus with neurological complications
  - E12.5 Malnutrition-related diabetes mellitus with peripheral circulatory complications
  - E12.6 Malnutrition-related diabetes mellitus with other specified complications
  - E12.7 Malnutrition-related diabetes mellitus with multiple complications
  - E12.8 Malnutrition-related diabetes mellitus with unspecified complications
  - E12.9 Malnutrition-related diabetes mellitus without complications
- O24 Diabetes mellitus in pregnancy
  - O24.1 Pre-existing diabetes mellitus, non-insulin-dependent
  - O24.2 Pre-existing malnutrition related diabetes mellitus
  - O24.3 Pre-existing diabetes mellitus, unspecified

Note:
1. Medical management reasonably necessary for the delivery of treatment described in this algorithm is included within this benefit, subject to the application of managed health care interventions by the relevant medical scheme.
2. To the extent that a medical scheme applies managed health care interventions in respect of this benefit, for example clinical protocols for diagnostic procedures or medical management, such interventions must -
a. not be inconsistent with this algorithm;
b. be developed on the basis of evidence-based medicine, taking into account considerations of cost-effectiveness and affordability; and
c. comply with all other applicable regulations made in terms of the Medical Schemes Act, 131 of 1998.
3. This algorithm may not necessarily always be clinically appropriate for the treatment of children. If this is the case, alternative paediatric clinical management is included within this benefit if it is supported by evidence-based medicine, taking into account considerations of cost-effectiveness and affordability.