

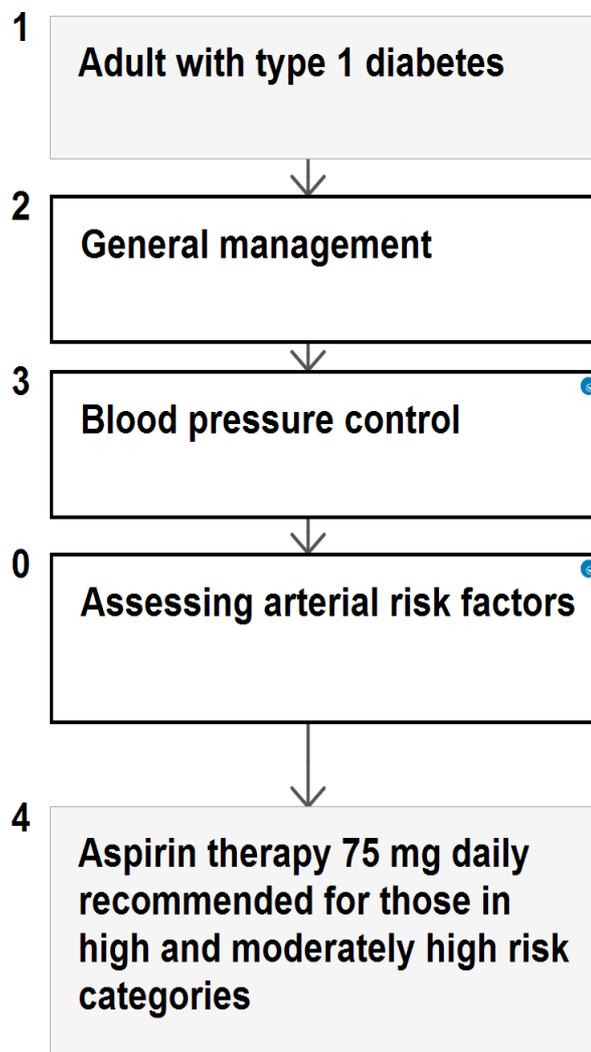
Managing arterial risk in adults with type 1 diabetes

A NICE pathway brings together all NICE guidance, quality standards and materials to support implementation on a specific topic area. The pathways are interactive and designed to be used online. This pdf version gives you a single pathway diagram and uses numbering to link the boxes in the diagram to the associated recommendations.

To view the online version of this pathway visit:

<http://pathways.nice.org.uk/pathways/diabetes>

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0 Assessing arterial risk factors

Assess annually and include: albumin excretion rate, smoking, blood glucose control, blood pressure, full lipid profile, age, family history of arterial disease, abdominal adiposity.

For further information see the NICE pathway on [cardiovascular disease prevention](#).

Quality standards

The following quality statement is relevant to this part of the pathway.

5. Medication

1 Adult with type 1 diabetes

No additional information

2 General management

Manage blood glucose, blood pressure and smoking. For more information see the [monitoring blood glucose](#) and [blood pressure control](#) sections of this pathway and the [smoking pathway](#).

Manage intensively if previous myocardial infarction (MI) or stroke, according to non-diabetes recommendations. For more information see the NICE clinical guideline on [MI: secondary prevention](#) and the [stroke pathway](#).

Threatened or actual MI or stroke

For all people with diabetes suffering stroke, use optimised insulin therapy according to local protocol.

For recommendations on managing hyperglycaemia in the first 48 hours for patients admitted to hospital with acute coronary syndrome see the [hyperglycaemia in acute coronary syndromes pathway](#)

3 Blood pressure control

Intervene if:

- above 135/85 mmHg, or
- above 130/80 mmHg with abnormal albumin excretion rate or another one of the features of the metabolic syndrome.

Discuss:

- needs
- intervention levels
- likely gains of therapy
- negative aspects of therapy.

Use: a low-dose thiazide as first line unless abnormal albumin excretion rate.

Anticipate need for multiple therapy.

Advise on appropriate lifestyle changes. For more information see the [diet and lifestyle advice for adults with type 1 diabetes](#) section of this pathway.

Quality standards

The following quality statement is relevant to this part of the pathway.

5. Medication

4 Aspirin therapy 75 mg daily recommended for those in high and moderately high risk categories

No additional information

Glossary

Sources

Type 1 diabetes. NICE clinical guideline 15 (2004)

Your responsibility

The guidance in this pathway represents the view of NICE, which was arrived at after careful consideration of the evidence available. Those working in the NHS, local authorities, the wider public, voluntary and community sectors and the private sector should take it into account when carrying out their professional, managerial or voluntary duties. Implementation of this guidance is the responsibility of local commissioners and/or providers. Commissioners and providers are reminded that it is their responsibility to implement the guidance, in their local context, in light of their duties to avoid unlawful discrimination and to have regard to promoting equality of opportunity. Nothing in this guidance should be interpreted in a way which would be inconsistent with compliance with those duties.

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