Pre-Diabetes Identification and Intervention

Screen patient if age ≥ 45 OR
Patient is overweight (BMI ≥ 25) AND has at least one of the following additional risk factors

- Physical inactivity
- First degree relative with diabetes
- History of gestational diabetes mellitus (GDM) or baby over nine pounds
- High risk ethnicity: African American, Latino, Native American, Asian American, Pacific Islander
- Hypertension ≥ 140/90 or on therapy for hypertension
- HDL cholesterol <35 and/or triglyceride level >250
- History of cardiovascular disease (CVD)
- A1C ≥5.7%, IGT or IFG on previous testing
- Polycystic ovarian syndrome (PCOS)
- Other clinical conditions associated with insulin resistance

Utilize one of the following diagnostic tests to determine pre-diabetes or diabetes status:
- Fasting Plasma Glucose (FPG)
- Oral Glucose Tolerance Test (OGTT)
- A1C

Patient doesn’t meet the screening criteria at this time:
- If indicated, provide National Diabetes Prevention Program (NDPP) materials
- Re-assess for pre-diabetes and diabetes risk annually

RESULTS

<table>
<thead>
<tr>
<th>DIAGNOSTIC TEST</th>
<th>NORMAL RANGE</th>
<th>PRE-DIABETES RANGE</th>
<th>DIABETES RANGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>FPG (mg/dl)</td>
<td>≤99mg</td>
<td>100-125</td>
<td>≥126</td>
</tr>
<tr>
<td>OGTT (mg/dl)</td>
<td>≤139</td>
<td>140-199</td>
<td>≥200</td>
</tr>
<tr>
<td>A1C (%)</td>
<td>≤5.6</td>
<td>5.7-6.4</td>
<td>≥6.5</td>
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</tbody>
</table>

TREATMENT

NORMAL RANGE
- Repeat screening every 3 years
- Test more frequently depending on risk status
- Refer to community resources

PRE-DIABETES RANGE
- Refer to NDPP and peer group support
- Explain NDPP and provide patients with materials
- Refer to community resources
- Reevaluate for progression to diabetes annually
- Give positive feedback around lifestyle changes

DIABETES RANGE
- Conduct second test to confirm diagnosis
- Counsel patient on diabetes diagnosis and answer questions
- Follow-up on referrals and action plans
- Refer patient to Diabetes Educator and Diabetes Self-Management Training (DSMT)