

Point-of-care prediabetes identification

MEASURE

If the patient is age 40-70 (USPSTF criteria), is obese or overweight, and does not have diabetes, proceed to the blood test.

If the patient is age >18 and does not have diabetes, nor meet the criteria above, provide self-screening test, and if self-screening test reveals high risk, proceed to next step.

Review medical record to determine if BMI $\geq 24^*$ (≥ 22 if Asian) or history of GDM**

YES

NO

If no: Patient does not currently meet program eligibility requirements

Determine if a HbA1C, FPG or OGTT was performed in the past 12 months

YES

NO

Order one of the tests below:

- Hemoglobin A1C (HbA1C)
- Fasting plasma glucose (FPG)
- Oral glucose tolerance test (OGTT)

RESULTS

| Diagnostic test | Normal | Prediabetes | Diabetes |
|-------------------------------------|--------|-------------|------------|
| HbA1C(%) | < 5.7 | 5.7–6.4 | ≥ 6.5 |
| Fasting plasma glucose (mg/dL) | < 100 | 100–125 | ≥ 126 |
| Oral glucose tolerance test (mg/dL) | <140 | 140–199 | ≥ 200 |

ACT

Encourage patient to maintain a healthy lifestyle.

Refer to diabetes prevention program, provide brochure.

Confirm diagnosis; retest if necessary.

Continue with exam/consult. Retest within three years of last negative test.

Consider retesting annually to check for diabetes onset.

Counsel patient re: diagnosis.

Initiate therapy.

PARTNER

Communicate with your local diabetes prevention program.

Contact patient and troubleshoot issues with enrollment or participation. At the next visit, ask patient about progress and encourage continued participation in the program.

Adapted from: New York State Department of Health. New York State Diabetes Prevention Program (NYS DDP) prediabetes identification and intervention algorithm. New York: NY Department of Health; 2012.

* These BMI levels reflect eligibility for the National DPP as noted in the CDC Diabetes Prevention Recognition Program Standards and Operating Procedures. The American Diabetes Association (ADA) encourages screening for diabetes at a BMI of ≥ 23 for Asian Americans and ≥ 25 for non-Asian Americans, and some programs may use the ADA screening criteria for program eligibility. Please check with your diabetes prevention program provider for their specific BMI eligibility requirements.

** History of GDM = eligibility for diabetes prevention program.