ADULTS ONLY – Prediabetes Screening & DPP Referrals: Step by Step Protocol for Primary Care Clinics

<table>
<thead>
<tr>
<th>Step</th>
<th>Who</th>
<th>What</th>
<th>When</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>PCC</td>
<td>All adult patients are given prediabetes paper risk test with ROS to complete (NOTE: advise diabetics to ignore)</td>
<td>Waiting room</td>
</tr>
<tr>
<td>2</td>
<td>MA</td>
<td>When addressing deficiencies in other screening services, <strong>pend HbA1c order</strong> if no lab results available in past 6 months <strong>AND</strong> HbA1c &gt; 5.6 (prediabetes/diabetes) – OR – risk score ≥5</td>
<td>Chart review/preload – or – Rooming</td>
</tr>
<tr>
<td>3</td>
<td>MA</td>
<td>If risk score ≥5 or HbA1c (5.7-6.4), MA notes lab result on referral form, and patient completes contact info on form.</td>
<td>Rooming</td>
</tr>
<tr>
<td>4</td>
<td>MA</td>
<td>Update patient’s Past Medical History with <strong>h/o prediabetes or GDM</strong> (from risk test) &amp; ask about <strong>h/o using DM meds</strong></td>
<td>Rooming</td>
</tr>
<tr>
<td>5</td>
<td>MA</td>
<td>Leave risk test &amp; completed referral form for provider to review/sign; verbally notify provider if patient reports h/o using DM meds but does NOT report h/o diabetes</td>
<td>Rooming</td>
</tr>
<tr>
<td>6</td>
<td>PCP</td>
<td>For risk score ≥5 and/or h/o abnormal A1c and/or PMH, discuss risk with patient</td>
<td>COUNSELING</td>
</tr>
<tr>
<td>7</td>
<td>PCP</td>
<td>Update screening dx in problem list &amp; use <strong>.prediabetesnote</strong> in A/P &amp; use <strong>.prediabetesAVS</strong> in patient instructions</td>
<td>PROGRESS NOTE</td>
</tr>
<tr>
<td>8</td>
<td>PCP</td>
<td>Sign referral form &amp; lab orders</td>
<td>SIGNATURES</td>
</tr>
<tr>
<td>9</td>
<td>MA</td>
<td>Provide patient with INHS program flyer</td>
<td>Discharge</td>
</tr>
<tr>
<td>10</td>
<td>MA</td>
<td>Fax referral form to INHS 509-232-8151</td>
<td>Discharge</td>
</tr>
<tr>
<td>INBOX</td>
<td>PCP</td>
<td>Use <strong>.prediabeteslab</strong> for positive lab</td>
<td>LAB RESULT</td>
</tr>
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**Revision History**

<table>
<thead>
<tr>
<th>Who</th>
<th>What</th>
<th>When</th>
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<tbody>
<tr>
<td>H.Readhead, MD</td>
<td>After first trial in clinic &amp; hotwash with providers</td>
<td>2/4/2017</td>
</tr>
<tr>
<td>H.Readhead, MD</td>
<td>Cannot easily tell which glucose results are fasting; some patients are unaware of their h/o diabetes</td>
<td>2/13/2017</td>
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</table>
ADULTS ONLY – Prediabetes Screening & DPP Referrals:
Step by Step Protocol for Primary Care Clinics

ATTACHMENT: EMR/EHR “SMART PHRASES”

These EMR/EHR documentation tools (scripts) are to be used by medical providers in all of the various communications involved in patient care, including writing their chart notes, writing patient instructions for the "After Visit Summary" that is usually printed at the conclusion of every office visit, and writing patient portal responses for lab results.

.prediabetesAVS

(for use in patient education - AFTER VISIT SUMMARY)

LAB TEST: If you were found to be at high risk for prediabetes, your provider ordered a blood test called a HEMOGLOBIN A1C test to see if you currently have either prediabetes or diabetes.

FOLLOW UP VISIT: Please schedule a clinic visit in 2-4 weeks. If you hear that your lab results is normal, you may choose to cancel that appointment if you do not have other issues that you need to discuss.

WEIGHT LOSS PROGRAM: Please make sure you have the handout with contact info local weight-loss diabetes prevention programs. For more information, call Inland Northwest Health Services (INHS) at 509-232-8138 or go to courserегистration.inhs.org to register.

PREVENTING DIABETES: For many people, losing 5-10% of their body weight or even losing just 10 to 20 pounds is enough to prevent diabetes. There is also a daily medication called metformin can also be used to decrease risk. Depending on you lab result, you may want to discuss this medication for prediabetes with your provider at your follow-up visit.

ANNUAL SCREENING: If you were NOT found to be at higher risk for prediabetes, please make sure you complete this paper-based risk assessment for prediabetes every year or more frequently if you gain weight. It is important to maintain a healthy weight to prevent diabetes and many other diseases, including cancer. In the United States, 1 out of every 3 adults has prediabetes.
Paper-based risk assessment for prediabetes completed today. Patient found to have elevated risk. HbA1c testing results reviewed and/or ordered today.

- **Patient counseled regarding prevention of progression to diabetes:** The most powerful prevention is increasing physical activity and at least a 5-10% body weight loss.
- **Handout given to patient re: local weight-loss/diabetes prevention programs.**

Patient advised that office will fax completed referral form, if completed by patient. All patients who meet the risk criteria will be referred to INHS. INHS staff will determine patient appropriateness for class.

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You had a blood test called a HEMOGLOBIN A1C test to see if you currently have either prediabetes or diabetes. **Your results suggest that do have prediabetes, putting you at a much higher risk for developing diabetes in the next few years.**

The most powerful way to prevent diabetes is to increase your level of physical activity and to keep your weight down or to lose weight if you are overweight or obese. **For many people, losing 5-10% of their body weight or even losing just 10 to 20 pounds is enough to prevent diabetes.** There is also a daily medication called metformin can also be used to decrease risk. Depending on you lab result, you may discuss this medication with your provider at your follow-up visit.

Please schedule a follow-up visit as soon as possible to discuss prevention and treatment options, if you do not already have one scheduled.

**Please consider enrolling in an evidence-based local diabetes prevention program to help support your efforts to lose weight.** Call Inland Northwest Health Services (INHS) at 509-232-8138 or go to courseregistration.inhs.org to register.
PREDIABETES?

1 How old are you?
   Less than 40 years (0 points)
   40—49 years (1 point)
   50—59 years (2 points)
   60 years or older (3 points)

2 Are you a man or a woman?
   Man (1 point)
   Woman (0 points)

3 If you are a woman, have you ever been diagnosed with gestational diabetes?
   Yes (1 point)
   No (0 points)

4 Do you have a mother, father, sister, or brother with diabetes?
   Yes (1 point)
   No (0 points)

5 Have you ever been diagnosed with high blood pressure?
   Yes (1 point)
   No (0 points)

6 Are you physically active?
   Yes (0 points)
   No (1 point)

7 What is your weight status?
   (see chart at right)

Write your score in the box.

Add up your score.

If you scored 5 or higher:
You're likely to have prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanic/Latinos, American Indians, Asian Americans and Pacific Islanders.

Higher body weights increase diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weights than the rest of the general public (about 15 pounds lower).

For more information, visit us at

DolHavePrediabetes.org

Here's the good news: it is possible with small steps to reverse prediabetes and these measures can help you live a longer and healthier life.

If you are at high risk, the best thing to do is contact your doctor to see if additional testing is needed.

Visit DolHavePrediabetes.org for more information on how to make small lifestyle changes to help lower your risk.

Original study is distributed worldwide as part of the National

American Diabetes Association
American Medical Association
Centers for Disease Control and Prevention

For more information, visit us at

DolHavePrediabetes.org
### REVIEW OF SYSTEMS

**Please circle yes if you have any of these symptoms:**

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<tr>
<th>General</th>
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<tr>
<td>Fever</td>
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<tr>
<td>Chills</td>
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<tr>
<td>Weight Loss</td>
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<tr>
<td>Malaise/Fatigue</td>
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<tr>
<td>Weakness</td>
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<td>Headaches</td>
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<td>Ringing In Ear</td>
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<td>Ear Discharge</td>
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<td>Nosebleeds</td>
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<td>Congestion</td>
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<td>Noise w/Breathing</td>
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<td>Double Vision</td>
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<td>Eye Redness</td>
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<th>Endo/Heme/Allergy</th>
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<td>SOB w/lying flat</td>
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<td>Leg Swelling</td>
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<td>Severe SOB (PND)</td>
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<td>Cough</td>
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<tr>
<td>Coughing up blood</td>
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<td>Sputum Production</td>
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<td>Shortness of Breath</td>
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<td>Wheezing</td>
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<tr>
<td>Heartburn</td>
<td>Yes/No</td>
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<td>Nausea</td>
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<tr>
<td>Vomiting</td>
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<tr>
<td>Abdominal Pain</td>
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<td>Diarrhea</td>
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<td>Constipation</td>
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<td>Blood in Stool</td>
<td>Yes/No</td>
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<td>Dark Stool</td>
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<th>I. Genitourinary</th>
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<td>Painful Urination</td>
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<td>Frequency</td>
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<td>Blood in Urine</td>
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<td>Flank Pain</td>
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<th>J. Musculoskeletal</th>
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<td>Muscle Pain</td>
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<tr>
<td>Back Pain</td>
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<td>Joint Pain</td>
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<td>Falls</td>
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<td>Dizziness</td>
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<td>Tremor</td>
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<td>Sensory Change</td>
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<td>Speech Change</td>
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<td>Focal Weakness</td>
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<tr>
<td>Seizures</td>
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<tr>
<td>Loss Of Consciousness</td>
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<td>Depression</td>
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<td>Suicidal ideas</td>
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<td>Substance Abuse</td>
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<td>Insomnia</td>
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<td>Memory Loss</td>
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