Life!

Taking Action on Diabetes

Helping your patients prevent type 2 diabetes

Ask

Identify people at risk of diabetes in your practice:

- Life! Program poster in waiting room
- AUSDRISK tests and Life! brochures in waiting room
- Search practice database for patients who have risk factors for diabetes, including:
  - Pre-diabetes
  - Impaired fasting glucose
  - Impaired glucose tolerance
  - Family history of diabetes
  - High blood pressure
  - Overweight or obesity
  - Past history of Gestational Diabetes Mellitus or Ischemic Heart Disease
- Send a letter and AUSDRISK test to all patients at risk of diabetes, identified through database search
- Reception staff to hand out AUSDRISK test to all patients 40 years and above, and encourage patients to complete the AUSDRISK test during consultation.

Assess

Assess patients' risk of diabetes

Verify the patient's AUSDRISK test score

Did the patient score nine or above?

Does the patient have a history of GDM or Ischemic Heart Disease?

→ **No**

Affirm positive lifestyle behaviours

Yes

Organise the appropriate tests to exclude type 2 diabetes

Advise

Patient does not have diabetes

Provide tailored advice

Tell the patient they are at risk of diabetes

Provide information on type 2 diabetes prevention

Give patient a copy of the brochure 'Type 2 diabetes can be prevented'

→ **Patient has diabetes**

Refer to early intervention program. Encourage patient to register for the National Diabetes Service Scheme

Assist

Refer your patient to Life!

To assist your patient to reduce their risk of type 2 diabetes, refer them to a local Life! provider or fax referral form to 9667 1778 for participation in a Life! course or Life! Telephone Health Coaching.

Download referral form from www.diabeteslife.org.au > GP & Health

Arrange

Arrange follow up

Follow up patient in twelve months as per best practice guidelines.

Diabetes should be excluded by a fasting blood glucose (FBG) test and an oral glucose tolerance test (OGT).

Call 13 RISK (13 7475) or visit www.diabetesrisk.org.au

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