

Identifying patients at risk of type 2 diabetes using the PEN Clinical Audit Tool

Diabetes Australia - Vic is leading the Victorian Government funded diabetes prevention initiative called **Life! Taking Action on Diabetes**. This new program includes:

- An evidence based Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK)
- A six session lifestyle change course for people at high risk of type 2 diabetes
- A telephone health coaching service

The **Life!** course has been shown to reduce or prevent the onset of new cases of diabetes in up to 58% of course participants.

To be eligible for the program, patients must:

- Have diabetes excluded

AND

- Have a history of a high risk condition, specifically a pre-existing condition of either CVD/GDM
OR
- Score 12 or more on the AUSDRISK test and aged over 50 or over 18 if an Aboriginal or Torres Strait Islander

Further information about the program, including the electronic referral form, is available at www.diabetesrisk.org.au.

You may wish to identify patients at risk of type 2 diabetes using the PEN Clinical Audit Tool. Practice staff can send a letter to each patient identified, and encourage them to complete the diabetes risk test, then make an appointment to discuss their level of risk with their GP or practice nurse.

To identify patients at risk of type 2 diabetes, using the PEN Clinical Audit Tool:

1. Press 'Collect' to extract data, or to use data extracted from a previous search.
2. Click 'Hide Extracts'.
3. Click 'View Filter'.
4. On the 'General' tab, under the 'Age' column, enter in '50'.
5. Under the 'Last Visit' column, select 'Active (3x < 2 years)'.
6. Select the 'Conditions' tab.
 - Check the 'No' box under Diabetes.
 - Check the 'Hypertension' box under the Cardiovascular column.
7. Select the 'Medications' tab.
8. Check the 'No' box under both 'H/glycaemics – Oral' and 'H/glycaemics – Insulin'.
9. Click 'Recalculate'
10. Click on 'Hide Filter'
11. Click on the 'BMI' tab, on the bottom half of the screen.

Prevent type 2 diabetes – call 13 RISK (13 7475) or visit www.diabetesrisk.org.au

12. Click on the 'Obese (30+)' and 'Overweight (25 to 29.9)' legends – this will “activate” all the obese and overweight segments of the bar graph.
13. Click 'Export' – this will give you a list of those patients that fit the criteria.
14. Check the 'Remind at Consult' button (this feature will be available at a later date).
15. Print the list of patients generated.
16. Within Medical Director (or other clinical software), set up a recall for each patient identified as at risk of type 2 diabetes – you may wish to set up a recall reason “DIABETES TYPE 2 - AT RISK”. (Please note: A template letter to patients is available from the Life! website. For a Medical Director version see note below).
17. Use the MD Recall for the “DIABETES TYPE 2 - AT RISK” and send a mail merge letter to the patients and include a copy of the diabetes risk test for them to complete, along with other diabetes prevention information available from Diabetes Australia – Vic.

Please Note: The template letter (Case Finding Letter Template – Life! branded or not branded) can be downloaded from www.diabetesrisk.org.au under 'GP & Health Professionals', then 'Helping your patients. prevent type 2 diabetes'. The Medical Director template letter can be downloaded from the North East Valley Division of General Practice at: <http://www.nevdgp.org.au/?content=14#CDM>. Hard copies of the diabetes risk test can also be ordered from the Life! website, under 'Resources'.

For assistance with this process, please contact Michelle Jones on 9667 1773 or MJones@diabetesvic.org.au