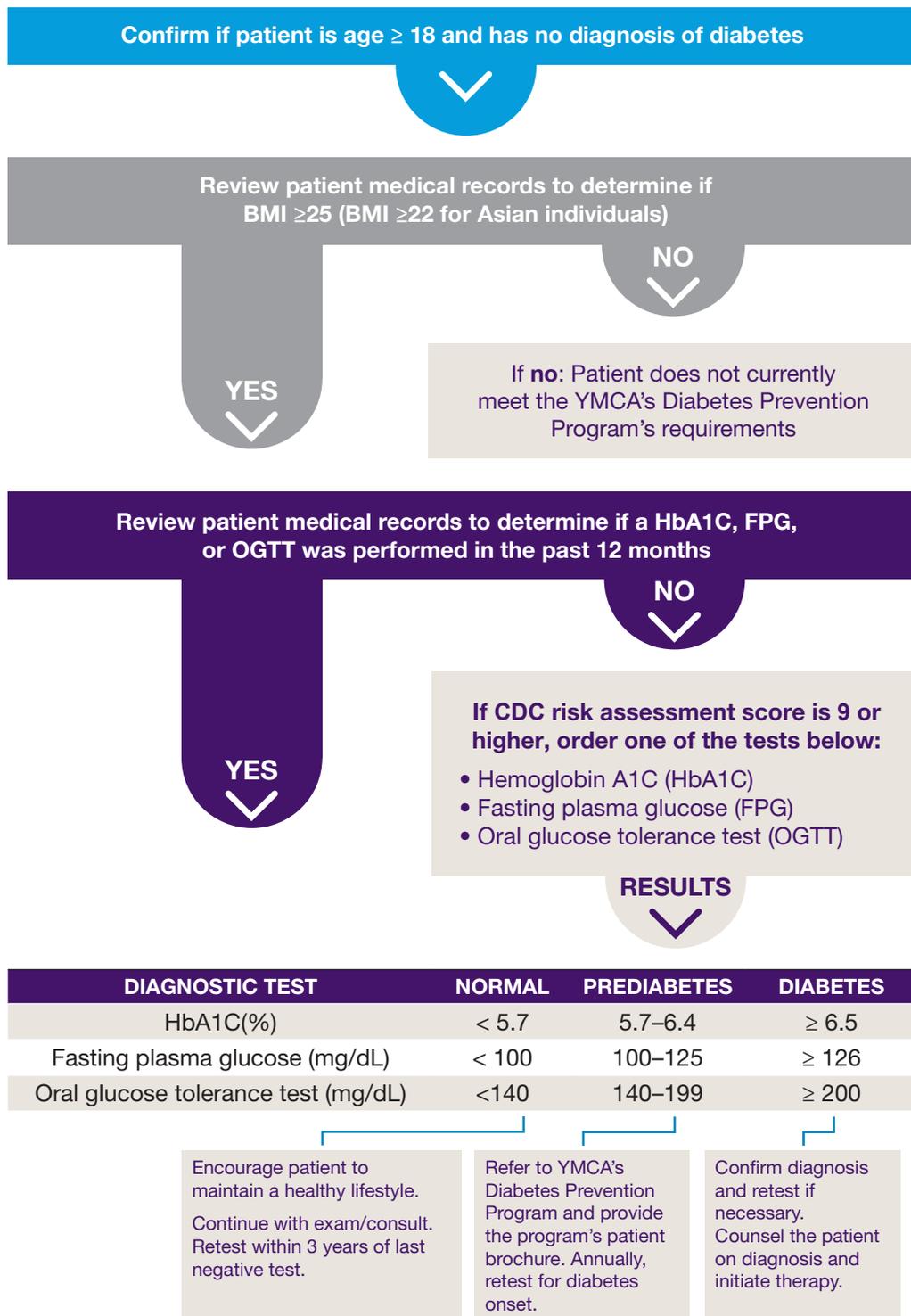


# Point-of-care prediabetes identification and intervention algorithm



## Reference

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

† American Diabetes Association. Standards of medical care diabetes—2013. *Diabetes Care*. January 2013; 36:S11-66. doi:10.2337/dc13-S011

### Point-of-care prediabetes identification and intervention

#### Download materials

We recommend visiting [ama-assn.org/go/prediabetes](http://ama-assn.org/go/prediabetes) and clicking on the “Prediabetes” tab to download practice and patient resources included in this guide in advance of patient visits, so your office can have them available in the waiting room or during consult.

#### Patient flow process

View the sample “Patient flow process map” for a visual representation of how your practice can guide and refer your patients to take greater control of their health by participating in the YMCA's Diabetes Prevention Program. Here are the steps in that process.

**Front desk:** As a part of patient check-in, give the patient a clipboard with the CDC Prediabetes Screening Test. After the patient completes the form and returns it to the front desk, insert the form in the patient's record.

**Pre-exam:** Take the patient's vital signs and calculate his or her Body Mass Index. Review the patient's CDC risk assessment score from the completed form. If the score is “9” or higher, flag this information for the provider for use in the exam/consult.

**Exam/consult:** Follow the “Point-of-care prediabetes identification and intervention algorithm” to determine if patient has prediabetes.

If the patient does **not** screen positive for prediabetes:

Encourage the patient to maintain healthy lifestyle choices. Continue with exam/consult.

*A. If the patient screens **positive** for prediabetes:*

1. Introduce the topic of prediabetes by briefly explaining what it is and its relation to type 2 diabetes.
2. Emphasize the importance of prevention, including healthy eating, increased physical activity, and the elimination of risky drinking and tobacco use.

*B. If the patient **screens positive for prediabetes, is 18 years old or older, has a BMI  $\geq 25$  ( $\geq 22$  for Asian individuals), and no previous diagnosis of diabetes:***

1. Inform the patient that the program may not be covered by their insurance provider.
2. Discuss the value of participating in the program.
3. Determine the patient's willingness to let you register him/her.
  - a. If the patient agrees, complete and send the referral form (see referral steps below) to your local YMCA's Diabetes Prevention Program.
  - b. If patient declines, reevaluate risk factors at the next visit.

**Referral to the YMCA's Diabetes Prevention Program:** After completing the referral form to the YMCA, you can submit it to your local YMCA in one of three ways.

- A. Electronically send or fax directly from the electronic medical record (EMR) if your practice is set up for this
- B. Print from the EMR and then fax
- C. Complete the paper form (included in this packet) and send via fax or email

**Practice follows up with patient:** Contact patient and troubleshoot issues with enrollment or participation.