

Retrospective prediabetes identification and intervention algorithm

Perform an EMR query to identify patients with prediabetes using the following criteria.

Inclusion criteria:

- Age ≥ 18
- BMI ≥ 25 (BMI ≥ 22 for Asian individuals)
- And with any of these test values (test performed within 12 months):
 - HbA1C (5.7–6.4%) and/or
 - Fasting plasma glucose (100–125 mg/dL) and/or
 - Oral glucose tolerance test (140–199 mg/dL)

Exclusion criteria:

- Insulin use
- Previous diagnosis of diabetes



Refer to the YMCA's Diabetes Prevention Program



Retest annually



Blood test levels for diagnosis of diabetes and prediabetes

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

<p>Retest within 3 years of last negative test.</p>	<p>Refer to a lifestyle change program.</p> <p>Annually, retest for diabetes onset.</p>	<p>Confirm diagnosis and retest if necessary.</p> <p>Counsel the patient on diagnosis and initiate therapy.</p>
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Reference

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

Retrospectively identify patients with prediabetes via your EMR

Query

Follow the “Retrospective prediabetes identification and intervention algorithm” to identify patients with prediabetes to refer to the YMCA's Diabetes Prevention Program.

A. Perform an EMR query for patients with prediabetes using the following criteria:

1. Inclusion criteria:

- a. Age ≥ 18
- b. BMI ≥ 25 (BMI ≥ 22 for Asian individuals)
- c. And with any of these test values (test performed within 12 months)
 - i. HbA1C (5.7–6.4%) and/or
 - ii. Fasting plasma glucose (100–125 mg/dL) and/or
 - iii. Oral glucose tolerance test (140–199 mg/dL)

2. Exclusion criteria:

- a. Insulin use
- b. Previous diagnosis of diabetes

B. Create a registry of identified patients

Referral to the YMCA's Diabetes Prevention Program

After identifying patients with prediabetes via your query, you can refer patients to your local YMCA in one of three ways:

- A. Send the list to your local YMCA. The YMCA can call patients and enroll them in the program.
- B. Flag patients' medical records for their next visit and refer them to the YMCA at the time of the visit.
- C. Contact patients to explain their prediabetes status and determine their willingness/interest in the YMCA program.
 - a. If the patient agrees, send patient information to your local YMCA's Diabetes Prevention Program coordinator and have him/her contact the patient directly.
 - b. If patient declines, reevaluate risk factors at the next visit.

Feedback from the YMCA's Diabetes Prevention Program to physicians

Twice during the program the YMCA notifies the provider via a written progress report from a HIPAA-secure system of the patient's progress.

In addition, during the program participants complete a self-evaluation that providers can request from the YMCA.