



How can you incorporate diabetes prevention into your everyday workflow?

At Strive Health and Physiotherapy we incorporate the entire team from doctors, nurses and physios to monitor the general health of our patients and to identify those patients that may be at risk of developing Diabetes.

The main factors that alert us to potential patients that may need early intervention include:

- Being overweight.
- High blood pressure.
- High cholesterol.
- Little or no exercise.
- Current or past smoker.

During routine observation measurements, if a patient is deemed to be 'at risk' of diabetes a further consultation is booked to have a thorough assessment by the nurses including a DRAT which is then followed up with a doctor consultation to educate patient on the preventions and self-management strategies they can use to prevent becoming diabetic.

How do we administer DRATs?

DRATs are administered to all patients that have been identified to be 'at risk' of becoming diabetic based on the risk factors outlined above.

All patients booked in for a health assessment, 45 -49 health Check, 75+ health assessment also receive a DRAT and the appropriate action as detailed below is undertaken.

What do we do when they get low, medium and high risk?

With a patient that receives a **low risk score** we place a reminder in the system to redo the DRAT in 6 months to determine if the patient is still at a low risk. Information, education and self-management strategies are given by the practice nurses on how to remain at a low risk of contracting diabetes.

With a patient that receives an **intermediate risk score** we place a reminder in the system to redo the DRAT in 2 months to determine if any changes to their risk have taken place. Information, education about the health risks associated with being diabetic and self-management strategies are given by the practice nurses. This is then reinforced by the treating doctor during their consultation. If appropriate a care plan will be initiated to address the factors that are of concern.

With a patient that receives a **high risk score** we place a reminder in the system to redo the DRAT in 1 month to determine if any changes to their risk have taken place. Information, education about the health risks associated with being diabetic and self-management strategies are given by the practice nurses. This is then reinforced by the treating doctor during their consultation. A care plan will be initiated to address the factors that are of concern. Allied health practitioners will be involved via a team care arrangement to help assist the patient achieve their health goals.

How do we record DRATs?

Our practice has a spread sheet on a common disk drive (accessible by all) to record when a DRAT has been administered. It is the job of the practice nurse to ensure this is completed. We have also created a special code for booking and as a 'reason for visit' which helps to be able to extract the data from our software.

How do we foster self-management amongst your patients?

All practitioners are focussed on educating patients on the changes they can make to prevent or manage diabetes.

**Definitions we use****BMI:**

Body mass index (BMI) is calculated by dividing a person's weight in kilograms by the square of their height in meters. The standard classification of BMI recommended by the World Health Organization for adults is based on the association between BMI and illness and mortality, and is as follows:

- underweight: BMI < 18.5
- healthy weight: BMI \geq 18.5 and BMI < 25
- overweight but not obese: BMI \geq 25 and BMI < 30
- obese BMI \geq 30.

High blood pressure

The definition of high blood pressure (also known as hypertension) can vary but the one used here is from the World Health Organization: a systolic blood pressure of 140 mmHg or more or a diastolic blood pressure of 90 mmHg or more, or [the person is] receiving medication for high blood pressure.

High cholesterol

Cholesterol is a fatty substance produced by the liver and carried by the blood to the rest of the body. Its natural function is to provide material for cell walls and for steroid hormones. If levels in the blood are too high, this can lead to an artery-clogging process known as atherosclerosis that can trigger heart attacks, angina or stroke. In general, a total cholesterol level of 5.5 mmol/L or more is considered high.

Little or no exercise

'Sedentary' or 'low' levels of exercise from the NHS have been used to indicate whether people undertake little or no exercise. For more information, see the National indicators for monitoring diabetes.

Smoker

Any patient that identifies as a current or past smoker.

References:

<http://www.aihw.gov.au/diabetes/risk-factors/>

<http://www.diabetesaustralia.com.au/PageFiles/937/AUSDRISK%20Web%2014%20July%2010.pdf>