

UW Medicine | VALLEY MEDICAL CENTER

Ambulatory Care Pathway: Screening for Prediabetes/Diabetes

INCLUSION CRITERIA for prediabetes/diabetes screening in asymptomatic adults

- A) Age 35-70 years and overweight or obese (BMI ≥ 25 , ≥ 23 if Asian)
 B) Age ≥ 18 years and overweight or obese (BMI ≥ 25 , ≥ 23 if Asian) with additional risk factors¹

Measure one of the following²

- Fasting Plasma Glucose (FPG)
- Hemoglobin A1C (A1C)
- Oral Glucose Tolerance Test (OGTT)

FPG < 100mg/dl
 OR
 A1C < 5.7%
 OR
 OGTT < 140

Negative screening

Repeat screening annually for patients who continue to meet inclusion criteria

FPG 100-125mg/dl
 OR
 A1C 5.7-6.4%
 OR
 OGTT 140-200

Positive for prediabetes

Refer to Prediabetes Ambulatory Care Pathway

FPG ≥ 126 mg/dl
 OR
 A1C $\geq 6.5\%$
 OR
 OGTT ≥ 200

Repeat testing to confirm³

Positive for diabetes

Refer to Diabetes Ambulatory Care Pathway

1. Additional Risk Factors

- High risk race/ethnicity
 American Indian/Alaskan Native
 Asian
 Black
 Hawaiian/Pacific Islander
 Hispanic/Latino
- Family h/o diabetes
- h/o gestational diabetes
- Polycystic Ovarian Syndrome (PCOS)
- Hypertension
- Cardiovascular disease
- Physical inactivity
- HDL Cholesterol < 35 mg/dl and/or triglyceride level > 250mg/dl
- Acanthosis Nigricans
- Antipsychotic therapy, Chronic Glucocorticoid exposure

2. Screening Tests

- Fasting Plasma Glucose (FPG)
 No food or beverages (except water) for at least 8 hours
- Hemoglobin A1C (A1C)
 Measures average blood sugar over 2-3 months
- Oral Glucose Tolerance Test (OGTT)
 Measures 2 hour Post-Prandial BG

3. Additional criteria for diagnosis of Diabetes Mellitus Type 2

- Repeating testing to confirm should be performed immediately
- In a patient with classic symptoms of hyperglycemia or hyperglycemic crisis, a random plasma glucose ≥ 200 mg/dl

Note:

- Diagnosis requires 2 abnormal test results from the same sample or in 2 separate test samples
- If patient has discordant results from 2 tests, the test result that is above the diagnostic cut point should be repeated, or a third test performed WITHOUT DELAY