

**South East London NHS Health Check  
Diabetes filter for Near Patient Testing**

Entry to filter: age 40-74 and

- BP: Systolic  $\geq 140$  and/or Diastolic  $\geq 90$
- Or BMI  $\geq 30$  kg/m<sup>2</sup>
- Or BMI  $\geq 27.5$  kg/m<sup>2</sup> (South Asian Population)

Lifestyle advice

Perform NPT Afinion™ HbA1c

**If HbA1c  $\geq 6.0\%$**   
**Repeat HbA1c – VENOUS BLOOD SAMPLE**

HbA1c  $\geq 6.5\%$  (47mmols)  
**Very high risk of diabetes**

HbA1c  $\geq 6.0\%$  but  $< 6.5\%$   
**High risk of diabetes**  
(Non-diabetic hyperglycaemia)

HbA1c  $\geq 5.5\%$  (37mmols)  $< 6.0\%$  (42mmols)  
**Moderate risk of diabetes**  
 $< 5.5\%$  (37mmols)  
**Low risk of diabetes**  
(Presumed normal glucose regulation)

**If symptoms\***  
Refer same day (immediately if necessary) to GP practice for confirmation by appropriate test

**If no symptoms**  
Test FPG

**Intensive Lifestyle advice**  
**Retest blood glucose yearly**

**Healthy Lifestyle advice**  
Retest next vascular check.

Quality assurance – small number as part of research study to proceed to glucose tolerance test

**Fasting glucose  $\geq 7.0$  mmol/l**  
(2 values needed if asymptomatic as per WHO)

**Fasting glucose  $< 7$  mmol/L**

**Diagnosis diabetes**

**120 mn  $\geq 11.1$  mmol/L**

**Glucose Tolerance Test**

Fasting 6.1 – 6.9mmol/L and 120 minutes  $< 7.8$  mmol/L  
**Impaired Fasting Glycaemia**

Fasting  $< 6.1$  mmol/L and 120 minutes  $< 7.8$  mmol/L  
**Very high risk of diabetes**  
(Presumed normal glucose regulation on OGTT but high HbA1c)

120 mn 7.8 – 11 mmol/L  
**Impaired Glucose Tolerance**

**Intensive Lifestyle advice**  
**Retest blood glucose two-yearly**

**Symptoms\***  
Polyuria  
Polydipsia  
Unexplained weight loss

If the individual has a blood pressure at or above 140/90mmHg or where the SBP or DBP exceeds 140mmHg or 90mmHg respectively, the individual requires

- An assessment for hypertension
- A fasting plasma glucose (FPG) or HbA1c test
- An assessment for chronic kidney disease

**Or**

If the person also has a BMI in the obese range (>30 or >27.5 in Indian, Bangladeshi, other Asian and Chinese categories), then the individual requires

- A FPG or HbA1c test

It is important to consider the situation of the individual as some people who do not fall into BMI/ BP filter categories will still be at significant risk. This includes

- People with first degree relatives with Type 2 diabetes or heart disease
- People with tissue damage known to be associated with diabetes such as retinopathy, kidney disease or neuropathy
- Women with gestational diabetes
- Those with conditions associated with diabetes (e.g. polycystic ovarian syndrome or severe mental health disorders)
- Those on current medication known to be associated with diabetes e.g. corticosteroids

### **Important:**

If symptoms are present a single FPG result of 7mmol/l or a single HbA1c of 6.5% or greater can diagnose diabetes.

In the absence of symptoms a further confirmatory test is required.

It is important that all staff involved in the delivery of the check are aware of the symptoms of diabetes, extreme tiredness, weight loss, frequent urination, excessive thirst, blurred vision and frequent bouts of thrush.

A FPG of  $\geq$  to 7mmol/l with these or other symptoms indicates the need for same day referral to the GP.

**Any patient who is vomiting should go straight to A&E**

### References

The Handbook for Vascular Risk Assessment, Risk Reduction and Risk Management A report prepared for the UK National Screening Committee, University of Leicester p120-122 March 2008

Putting Prevention First NHS Health Check: Vascular Risk Assessment and Management Best Practice Guidance April 2009