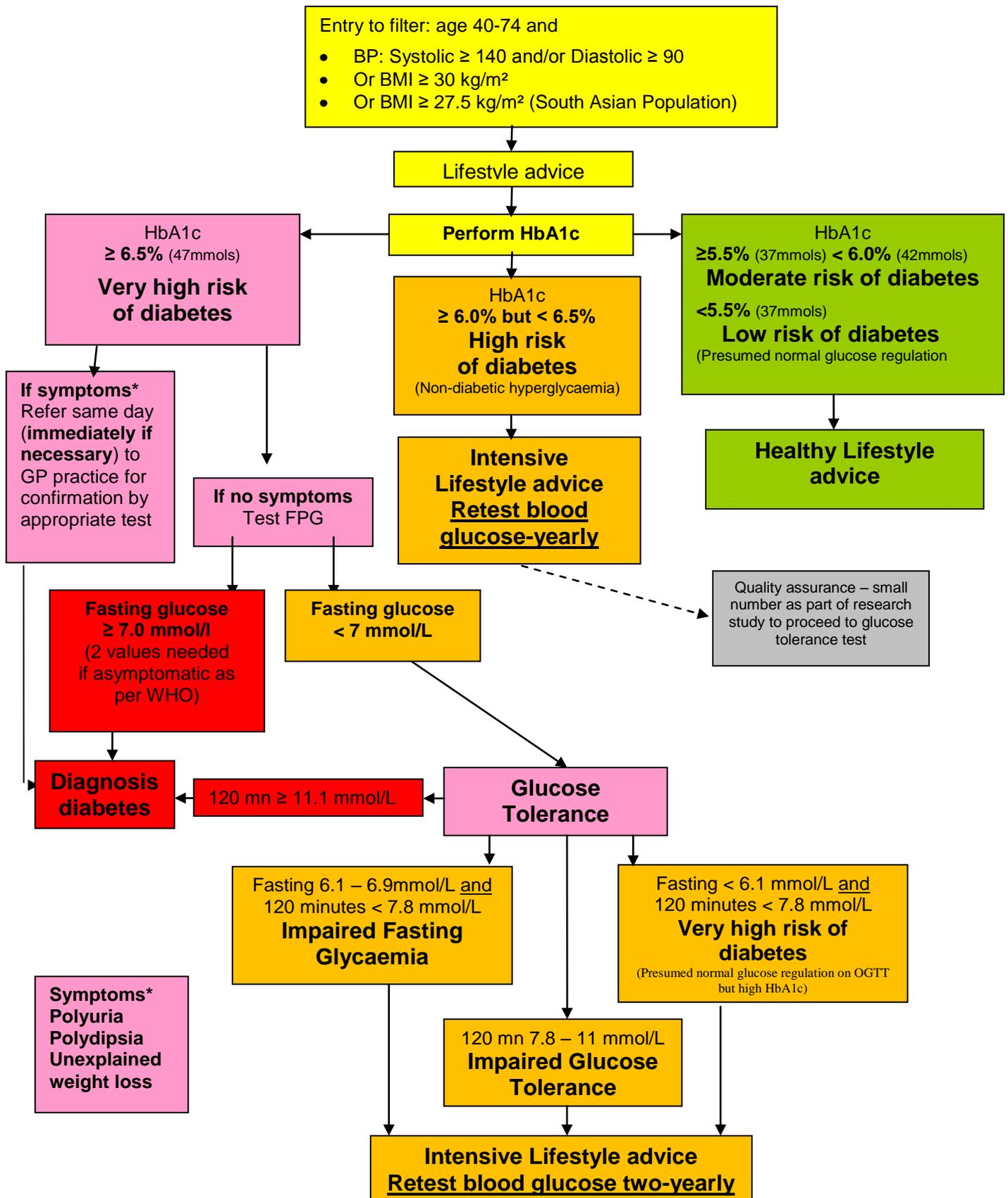


NHS Health Check Diabetes Filter Pathway



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