Identifying patients at risk of type 2 diabetes using the PEN Clinical Audit Tool

Diabetes Australia - Vic is leading a new Victorian Government funded diabetes prevention initiative called 'Life Taking Action on Diabetes.' This program includes:

- An evidence based diabetes risk test
- A six session lifestyle change course for people at high risk of type 2 diabetes

The Life! course has been shown to reduce the risk of type 2 diabetes in course participants by nearly 60% over ten years.

To be eligible for the program, patients must:
- Be 50 years or above (Diabetes Australian Program) OR 40-49 (Commonwealth Referral to LMP)
- Score 12 or more on the diabetes risk test
- Have diabetes excluded

Further information about the program, including the electronic referral form, is available at www.goforyourlife.vic.gov.au/life

You may wish to identify patients at risk of type 2 diabetes using the PEN Clinical Audit Tool. Practice staff can then send a letter to each patient identified, and encourage them to complete the diabetes risk test.

Identifying patients at risk of type 2 diabetes, using the PEN Clinical Audit Tool:

1. Press 'Collect' to extract data, or to use data extracted from a previous search.

2. Click 'Hide Extracts'.

3. Click 'View Filter'.

4. On the 'General' tab, under the 'Age' column, enter in '50'.
   OR
   On the 'General' tab, under the 'Age' column, enter Start Age '40'. And End age 49 (Commonwealth program)

5. Under the 'Last Visit' column, select 'Active (3x < 2 years)'.

6. Select the 'Conditions' tab.
   - Check the 'No' box under Diabetes
   - Check the 'Yes' box for 'Hypertension' box under the Cardiovascular column.

7. Select the 'Medications' tab, then 'Medications-other'

8. Under 'Antidiabetics' check the 'No' box under both 'Oral H/glycaemics' and 'Insulin H/glycaemics'.

9. Click 'Recalculate'

10. Click on 'Hide Filter'

11. Click on the 'Measures' tab, on the bottom half of the screen and make sure 'BMI' is selected

12. Click on the 'Obese (30+)', 'Overweight (25 to 29.9)' and 'Morbid (40+)' legends – this will "activate" all the obese, overweight and morbidly obese segments of the bar graph.

13. Click 'Export' – this will give you a list of those patients that fit the criteria.

14. Print the list of patients generated.

15. Within Medical Director (or other clinical software), set up a recall for each patient identified as at risk of type 2 diabetes – you may wish to set up a recall reason "DIABETES TYPE 2 - AT RISK". (Please note: A template letter to patients is available from the Life! website. For a Medical Director version see note below).

16. Use the MD Recall for the "DIABETES TYPE 2 - AT RISK" and send a mail merge letter to the patients and include a copy of the diabetes risk test for them to complete, along with other diabetes prevention information available from Diabetes Australia – Vic.

Please Note: The template letter (Case Finding Letter Template - Life! branded or not branded) can be downloaded from http://www.diabeteslife.org.au/ under 'Resources', then 'Facilitator Resources'. Hard copies of the diabetes risk test can also be ordered from the site, under 'Resources', then 'Life! resources order form.' The Medical Director template can be downloaded from the North East Valley Division of General Practice website at: http://www.nevdgp.org.au/?content=14#CDM.

For assistance with this process, please contact your local division.