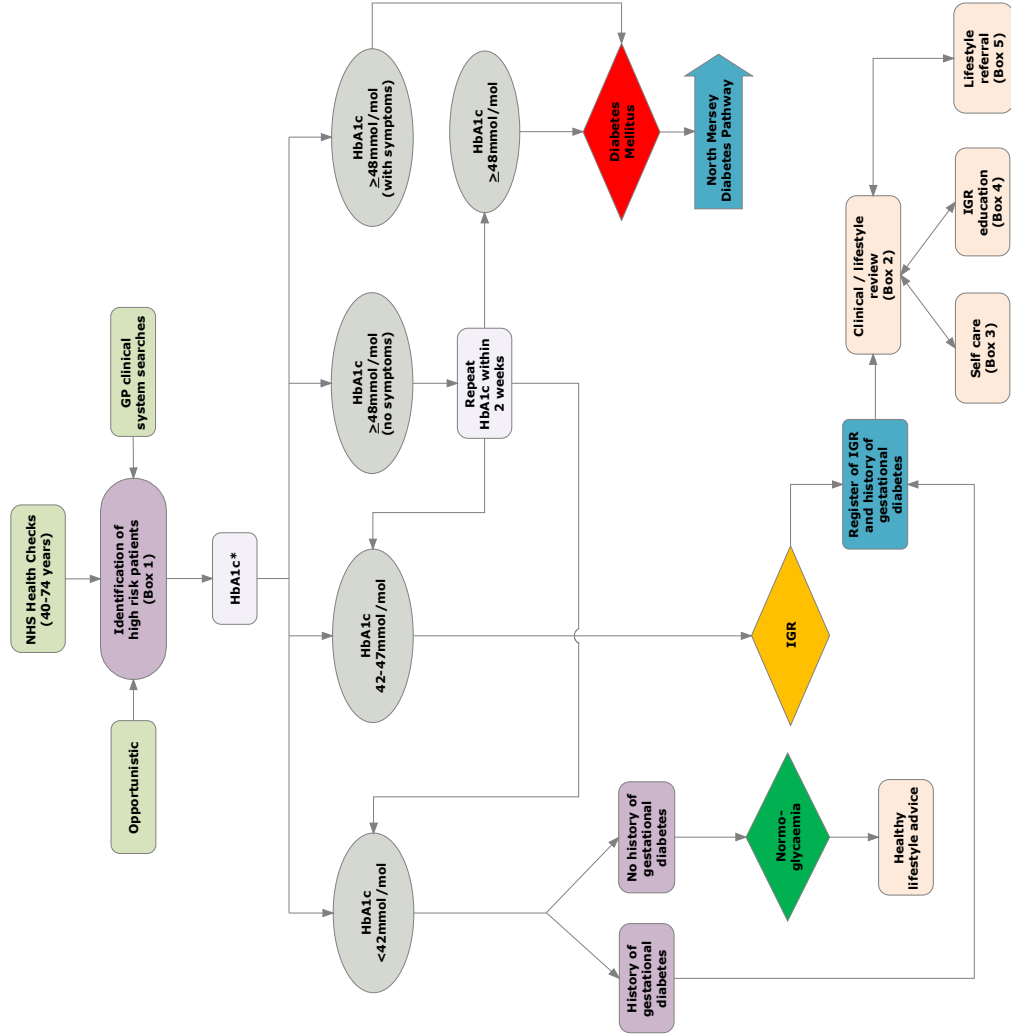


Merseyside Impaired Glucose Regulation (Prediabetes) Pathway

Approved pathway - May 2012



Merseyside Diabetes Network



Box 1: Individual Risk Factors
BMI > 28 (or >24.5 in South Asians).
Stage 1 Hypertension
 Waist circumference >88cm/34.5in for a woman or >104cm/41in for a man.
 Family history of Type 2 diabetes (a first degree relative with T2D).
 History of gestational diabetes.

Box 4: IGR education
(Options for IGR patient education model currently under consideration)

Box 2: Clinical/Lifestyle assessment
 CVD risk assessment (as appropriate). Blood test: lipids, serum creatinine/eGFR*, LFT, HbA1c (if not had one within previous 3 months).
 Measurements: BP, BMI, waist circumference.
 Lifestyle assessment: diet & alcohol (AUDIT-C), smoking status, physical activity (GPPAQ).
 Pharmacological review (as appropriate).
 Women of childbearing age: consider preconception counseling (may require high dose folic acid).
Patients will be reviewed annually, which will include all of the above plus HbA1c.
 * If <60ml/min/1.73m² consider ACR

Box 5: Lifestyle referral(s)
 Weight management (in accordance with local healthy weight pathway).
 Alcohol services.
 Smoking cessation services.
 Exercise on referral.
 Health Trainers.

Box 3: Self Care
(Local resource will be developed in line with IGR educational materials)

* FPG and OGTT should be used with patients for whom HbA1c is not appropriate (See Appendix - 'Use of HbA1c in the diagnosis of diabetes')