



# ORGANIZATIONAL APPROACH TO DIAGNOSING AND MANAGING PREDIABETES



Made possible by funding from the Centers for Disease Control and Prevention, through the County of San Diego Health and Human Services Agency



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In order to optimally treat prediabetes and prevent diabetes in their patient population, we recommend that organizations develop a comprehensive approach to diagnosis and treatment of prediabetes.

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### **Recommendations for Diagnosing and Treating Prediabetes**

- **Establish a comprehensive approach for screening patients for abnormal glucose, including prediabetes and diabetes, including:**
  - Specification of at risk populations to be screened
  - Screening intervals
  - Algorithms for glucose or A1c testing, including both point of care and retrospective approaches to screening
- **Specify diagnostic parameters for prediabetes in accordance with national guidelines**
  - Diagnose patients during routine lab follow-up visits in person
  - Query the EHR to identify patients with prediabetes based on laboratory testing but without diagnosis of prediabetes
  - Establish a protocol for those patients to discuss possible prediabetes diagnosis with their clinician
- **Refer patients with prediabetes to a CDC-recognized Diabetes Prevention Program (DPP)**
  - Connect with local DPPs and establish a procedure for referring patients to them
  - Consider establishing a DPP within your organization for your patients to attend
  - Incorporate DPP referrals into your EHR system
  - Develop or use AMA/CDC recognized patient information to inform patients about prediabetes and DPP
  - If patient referral to DPP is not possible, due to lack of locally available DPP or lack of patient coverage for DPP, then we recommend that the patient be connected with nutrition and lifestyle counseling
- **Educate clinicians regarding both the value of diagnosing and treating prediabetes and available resources for clinicians and patients**