

## Patient details

Referral Date:

Name:

Address:

Phone:

Email:

DOB:  Gender:

Country of birth:

Cultural background:

Does your patient speak English?  Yes  No

What is the main language spoken at home?

Aboriginal or Torres Strait Islander descent:  Yes  No

### Past medical history

Current smoker:  Yes  No

Blood pressure:  systolic/  diastolic

Waist circumference (cm):

→ **Life! program exclusion criteria:** • Diabetes • Pregnancy • Active Cancer • Cardiovascular Disease (CVD) diagnosis in the last 3 months  
It is important to consider the suitability of the Life! program for each individual.

## Patient eligibility

Choose one of the following **A OR B OR C:**

**A** → OR

≥ 18 years and AUSDRISK ≥ 12 and BMI ≥ 25 kg/m<sup>2</sup> (if patient self-identifies as being of Asian background a BMI ≥ 23 kg/m<sup>2</sup> is accepted)\*

AUSDRISK Score:

Height (cm):

Weight (kg):

BMI:

MBS items apply for a health assessment 701, 703, 705, 707, 715

**B** → OR

45 years or over, or ≥ 30 years and of Aboriginal and/or Torres Strait Islander descent and have an Absolute Risk score of ≥ 10% when referred by a GP clinic.

CVD risk score:

The following time-based MBS item applies for a heart health check: 699,177

**C**

≥ 18 years with one or more of the following pre-existing conditions (Please tick ✓ and document):

Cardiovascular Disease\*  Gestational Diabetes

Chronic Kidney Disease  Pre-diabetes (IFG or IGT)

Polycystic Ovary Syndrome  Familial Hypercholesterolemia

Serum total cholesterol > 7.5mmol/L (initial reading):

Syst BP of ≥ 180 mmHg or Diast BP ≥ 110mmHg (reading):

For further information or clarification, please refer to the definitions page.

## Referrer details

Name:

Clinic:

Address:

Phone:

Fax:

Email:

By signing this form, you agree that you have explained to your patient and, in your opinion, they understand that Diabetes Victoria collects their personal information for the purposes of Life! program registration, administration, participation, monitoring and evaluation.

Signature:

## Completing the referral

### ✓ Tick to confirm

- Yes, patient consents to be enrolled in the program
- Blood pathology report within 12 months of referral date\*
  - Fasting blood glucose
  - Lipid Profile (TC/TRIG/HDL/LDL)
- Completed AUSDRISK form is using criteria A
- Diabetes excluded\*
- Yes, patient is happy for Life! to contact them for research or about their experience in the program.
- Yes, patient is happy for Life! to contact them to discuss participation in social marketing activities.

\* For further information or clarification, please refer to the definitions page.

### Return completed referral to:

Email: life@diabetesvic.org.au  
 Fax: 03 9667 1757  
 Mail: Diabetes Victoria – 570 Elizabeth Street, Melbourne VIC 3000  
 Phone: 03 8648 1880

## Definitions

### A AUSDRISK + BMI

The Australian type 2 diabetes risk assessment tool (AUSDRISK) is a short list of questions to help assess a person's risk of developing type 2 diabetes over the next five years.

[www.health.gov.au/preventionoftype2diabetes](http://www.health.gov.au/preventionoftype2diabetes)

Body mass index (BMI) is one way to assess whether a person's weight is in the healthy range. The BMI combines a person's height and weight to form a measure that can help predict their risk of developing disease.

$$\text{Body mass index} = \frac{\text{weight (kg)}}{\text{height (m)}^2}$$

[www.aihw.gov.au/reports-statistics/behaviours-risk-factors/overweight-obesity/about](http://www.aihw.gov.au/reports-statistics/behaviours-risk-factors/overweight-obesity/about)

The following time-based MBS items apply for a health assessment: 701, 703, 705, 707, 715

#### Asian sub-regions

Asian background includes three distinct sub-regions (Parliament of Australia, 1997):

Northeast Asia (Mainland China, Hong Kong, Japan, Korea, Taiwan);

Southeast Asia (Brunei, Cambodia, Indonesia, Laos, Malaysia, Burma (Myanmar), the Philippines, Singapore, Thailand, Vietnam); and

Southern Asia (Afghanistan, Bangladesh, India, Pakistan, Sri Lanka, Nepal).

### B Cardiovascular risk score

The Australian Absolute risk calculator combines several risk factors to calculate a risk score (expressed as a percentage), which is a person's chance of having a CVD event such as a heart attack or stroke in the next five years.

[www.cvdcheck.org.au](http://www.cvdcheck.org.au)

### C Pre-existing conditions

#### Cardiovascular disease\*<sup>1</sup>

- Acute rheumatic fever/rheumatic heart disease
- Angina
- Angioplasty
- Arrhythmias/Atrial fibrillation
- Cardiomyopathy
- Chronic Heart Failure
- Coronary Heart Disease
- Myocardial infarction
- Peripheral Vascular Disease
- Stroke

\*Must not have been diagnosed within the last 3 months

\*Must be medically stable and must not have had a hospital admission in the last 12 months for the condition

#### Gestational diabetes

To participate in the program, women must not be pregnant.

#### Moderate or severe kidney disease<sup>2</sup>

- Persistent proteinuria or GFR < 45mL/min/1.73m<sup>2</sup> or
- Stage 3b chronic kidney disease or greater

#### Pre-diabetes<sup>3 4 5 6</sup>

Blood glucose levels are higher than normal but not high enough to be classified as diabetes.

There are two pre-diabetes conditions:

#### ▪ Impaired Fasting Glucose (IFG)

Blood glucose levels are escalated in the fasting state but not high enough to be classified as diabetes. It is diagnosed on the basis of a result between 6.1 and 6.9 mmol/L

#### ▪ Impaired Glucose Tolerance (IGT)

Blood glucose level is higher than normal two hours after a glucose load is taken orally, but not high enough to be diagnosed as diabetes. Two-hour plasma glucose is between 7.8 and 11.0 mmol/L. Fasting blood glucose level may still be in the normal range.

#### Familial hypercholesterolemia<sup>7</sup>

The Dutch Lipid Clinic Network Score Criteria required for diagnosis.

#### Serum cholesterol >7.5 mmol/L

If on medication managing the condition, patient is still eligible for the program.

#### Systolic BP ≥ 180mmHg or diastolic BP ≥ 110mmHg<sup>8</sup>

If on medication managing the condition, patient is still eligible for the program.

#### Polycystic Ovarian Syndrome<sup>9</sup>

Rotterdam diagnostic criteria. Requires two of:

- Oligo- or anovulation
- Clinical and/or biochemical hyperandrogenism
- Polycystic ovaries on ultrasound (and exclusion of other aetiologies)

### Blood Test Results<sup>10</sup>

A patient's blood test result is required to ensure that type 2 diabetes has been excluded. Please attach patient blood test results within the last 12 months of the *Life!* referral date.

- Full Blood Lipids
- Fasting Blood Glucose (FBG) or HbA1c

#### Further testing to exclude type 2 diabetes

- If FBG is 5.5 - 6.9 mmol/L an Oral Glucose Tolerance Test (OGTT) is recommended.

These are via venous sampling under laboratory methodology.

### Diagnostic criteria for type 2 diabetes (RACGP clinical guidelines 2016-2018)<sup>11</sup>

Patient is excluded from the program if they meet one or more of the following:

- Fasting blood glucose (FBG) ≥7.0 mmol/L or random blood glucose ≥ 11.1 mmol/L confirmed by a second abnormal FBG on a separate day
- Oral glucose tolerance test (OGTT) before (fasting) and two hours after an oral 75 g glucose load is taken. Blood glucose is measured. Diabetes is diagnosed as FBG ≥7.0 mmol/L or two-hour blood glucose ≥ 11.1 mmol/L
- Glycated haemoglobin (HbA1c) ≥48 mmol/mol (6.5%; on two separate occasions)

These are via venous sampling under laboratory methodology.

1 **Heart Foundation** [www.heartfoundation.org.au/your-heart/heart-conditions](http://www.heartfoundation.org.au/your-heart/heart-conditions)  
 2 **Kidney Health** [www.kidney.org.au/your-kidneys/detect/kidney-disease/defining-chronic-kidney-disease](http://www.kidney.org.au/your-kidneys/detect/kidney-disease/defining-chronic-kidney-disease)  
 3 **Diabetes Australia** [www.diabetesaustralia.com.au/pre-diabetes](http://www.diabetesaustralia.com.au/pre-diabetes)  
 4 **National Diabetes Services Scheme** [www.ndss.com.au/understanding-pre-diabetes](http://www.ndss.com.au/understanding-pre-diabetes)  
 5 **Royal Australian College of General Practitioners LTD (RACGP)** [www.racgp.org.au/your-practice/guidelines/redbook/8-prevention-of-vascular-and-metabolic-disease/84-type-2-diabetes/](http://www.racgp.org.au/your-practice/guidelines/redbook/8-prevention-of-vascular-and-metabolic-disease/84-type-2-diabetes/)  
 6 **RACGP** [www.racgp.org.au/your-practice/guidelines/diabetes/3-screening-risk-assessment-case-finding-and-diagnosis/33-impaired-fasting-glucose-or-impaired-glucose-tolerance/](http://www.racgp.org.au/your-practice/guidelines/diabetes/3-screening-risk-assessment-case-finding-and-diagnosis/33-impaired-fasting-glucose-or-impaired-glucose-tolerance/)

7 **Familial Hypercholesterolemia Australasia Network** [www.athero.org.au/fh/patients/diagnosis/](http://www.athero.org.au/fh/patients/diagnosis/)  
 8 **Heart Foundation** [www.heartfoundation.org.au/for-professionals/clinical-information/hypertension](http://www.heartfoundation.org.au/for-professionals/clinical-information/hypertension)  
 9 **Jean Hailes for Women's Health** [www.jeanhailes.org.au/health-a-z/pcos](http://www.jeanhailes.org.au/health-a-z/pcos)  
 10 **RACGP** [www.racgp.org.au/your-practice/guidelines/diabetes/3-screening-risk-assessment-case-finding-and-diagnosis/33-impaired-fasting-glucose-or-impaired-glucose-tolerance/](http://www.racgp.org.au/your-practice/guidelines/diabetes/3-screening-risk-assessment-case-finding-and-diagnosis/33-impaired-fasting-glucose-or-impaired-glucose-tolerance/)  
 11 **RACGP** [www.racgp.org.au/your-practice/guidelines/diabetes/3-screening-risk-assessment-case-finding-and-diagnosis/32-case-finding-in-patients-with-symptoms-suggestive-of-diabetes/](http://www.racgp.org.au/your-practice/guidelines/diabetes/3-screening-risk-assessment-case-finding-and-diagnosis/32-case-finding-in-patients-with-symptoms-suggestive-of-diabetes/)