General Practice Referral Form

Life! HELPING YOU PREVENT DIABETES HEART DISEASE & STROKE

Patient details

Referral Date	___ / ___ / ___
Name	
Address	
State	Postcode
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

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

AUSDRISK Score ___

Height (cm) ___

Weight (kg) ___

BMI ___

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

☐ B

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	
State	Postcode
Phone	
Fax	
Email	

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 (FBG) or HbA1c

  ☐ Lipid Profile (TC/TRIG/HDL/LDL)

☐ Completed AUSDRISK form is using criteria A

☐ Diabetes excluded*

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

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 _____

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/resources/apps-and-tools/the-australian-type-2-diabetes-risk-assessment-tool-ausdrisk

Life! **waist circumference/clothing size chart for males and females.**
lifeprogram.my.salesforce.com/sfc/p/90000000kLDW/a/9g0000005rJU/8j429LoDQEqY7f.I9_pN4sPrwrlQN32M8l.CpeTC5IM

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/overweight-obesity/overweight-and-obesity/contents/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

C. Pre-existing conditions

Cardiovascular disease*[1]
- 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[2]
- Persistent proteinuria or GFR < 45mL/min/1.73m^2 or
- Stage 3b chronic kidney disease or greater

Pre-diabetes[3][4][5][6]
Blood glucose levels are higher than normal but not high enough to be classified as diabetes.
- **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 an OGTT but not high enough to be diagnosed with 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.
- **Glycated haemoglobin (HbA1c)**
  Pre-diabetes can be diagnosed with a HbA1c of 6.0-6.4%

Familial hypercholesterolemia[7]
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[8]
If on medication managing the condition, patient is still eligible for the program.

Polycystic Ovarian Syndrome[9]
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[10]

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)[11]

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/bundles/your-heart*
2. **Kidney Health** *kidney.org.au/health-professionals/ckd-management-handbook*
3. **Diabetes Australia** *www.diabetesaustralia.com.au/about-diabetes/pre-diabetes/*
4. **National Diabetes Services Scheme** *www.ndss.com.au/understanding-pre-diabetes*
5. **Royal Australian College of General Practitioners LTD (RACGP)** *www.racgp.org.au/clinical-resources/clinical-guidelines/key-racgp-guidelines/view-all-racgp-guidelines/guidelines-for-preventive-activities-in-general-pr/preamble/introduction*
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/*
7. **Familial Hypercholesterolemia Australasia Network** *www.athero.org.au/fh/patients/diagnosis/*
8. **Heart Foundation** *www.heartfoundation.org.au/bundles/for-professionals/hypertension*
9. **Jean Hailes for Women's Health** *www.jeanhailes.org.au/health-a-z/pcos*
10. **RACGP** *www.racgp.org.au/clinical-resources/clinical-guidelines/key-racgp-guidelines/view-all-racgp-guidelines/diabetes/preventing-progression-to-type-2-diabetes*
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/*

The *Life!* program is supported by the Victorian Government

The Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK)

The AUSDRISK tool estimates your risk of getting Type 2 Diabetes in the next 5 years.

1. Your age group:

Under 35 years	☐ 0 points
35–44 years	☐ 2 points
45–54 years	☐ 4 points
55–64 years	☐ 6 points
65 years or over	☐ 8 points

2. Your gender:

Female	☐ 0 points
Male	☐ 3 points

3. Your ethnicity/country of birth:

a. Are you of Aboriginal, Torres Strait Islander, Pacific Islander or Maori descent?

No	☐ 0 points
Yes	☐ 2 points

b. Where were you born?

Australia	☐ 0 points
Southern Europe	☐ 2 points
North Africa	☐ 2 points
Asia (including the Indian sub-continent)	☐ 2 points
Middle East	☐ 2 points
Other	☐ 0 points

4. Have either of your parents, or any of your brothers or sisters been diagnosed with diabetes (type 1 or type 2)?

No	☐ 0 points
Yes	☐ 3 points

5. Have you ever been found to have high blood glucose (sugar) for example, in a health examination, during an illness, during pregnancy?

No	☐ 0 points
Yes	☐ 6 points

6. Are you currently taking medication for high blood pressure?

No	☐ 0 points
Yes	☐ 2 points

7. Do you currently smoke cigarettes or any other tobacco products on a daily basis?

No	☐ 0 points
Yes	☐ 2 points

8. How often do you eat vegetables or fruit?

Everyday	☐ 0 points
Not everyday	☐ 1 point

9. On average, would you say you do at least 2.5 hours of physical activity per week (for example, 30 minutes a day on 5 or more days a week)?

Yes	☐ 0 points
No	☐ 2 points

10. Your waist measurement taken below the ribs (usually at the level of the navel, while standing):

Waist measurement (cm) _____

11. Complete either the purple or orange box below, as appropriate:

For those of Asian or Aboriginal or Torres Strait Islander descent:

Men	Women		
Less than 90cm	Less than 80cm	☐	0 points
90–100cm	80–90cm	☐	4 points
More than 100cm	More than 90cm	☐	7 points

For all others:

Men	Women		
Less than 102cm	Less than 88cm	☐	0 points
102–110cm	88–100cm	☐	4 points
More than 110cm	More than 100cm	☐	7 points

Add up your points

[ ]

Your risk of developing type 2 diabetes within 5 years*:

5 or less: Low risk

Approximately one person in every 100 will develop diabetes.

6–11: Intermediate risk

For scores of 6–8, approximately one person in every 50 will develop diabetes.

For scores of 9–11, approximately one person in every 30 will develop diabetes.

12 or more: High risk

For scores of 12–15, approximately one person in every 14 will develop diabetes.

For scores of 16–19, approximately one person in every seven will develop diabetes.

For scores of 20 and above, approximately one person in every three will develop diabetes.

*The overall score may overestimate the risk of diabetes in people younger than 25.

The Australian Type 2 Diabetes Risk Assessment Tool was originally developed by the International Diabetes Institute on behalf of the Australian, State and Territory Governments as part of the COAG Diabetes reducing the risk of type 2 diabetes initiative.