

HEALTH PROFESSIONAL REFERRAL FORM – Please complete all sections of the referral form.

STEP 1: Eligibility

Referral Date:

The individual must fit one of the following criteria to be eligible for the program

- a. 18 years or more and have scored ≥ 12 on the AUSDRISK tool and have a BMI of ≥ 25

Diabetes Risk Score

Weight kg **Height** m

BMI Score (weight (kg) /height (m²))

- b. 45 years or more, or ≥ 35 years and of Aboriginal and/or Torres Strait Islander descent, and have an Absolute Risk score of $\geq 10\%$ when referred by a GP clinic

CVD Risk Score* %

- c. 18 years or more and have previously been diagnosed with one or more of the following:

- pre-existing cardiovascular disease**
- gestational diabetes
- moderate or severe Chronic Kidney Disease (CKD)
- familial hypercholesterolemia
- serum total cholesterol > 7.5 mmol/L
- systolic BP of ≥ 180 mmHg or diastolic BP of ≥ 110 mmHg
- impaired glucose tolerance
- polycystic ovary syndrome

To be eligible for the program the individual must not have diabetes, clinically active cancer and must not be pregnant. It is important to consider the suitability of the *Life!* program for each individual.

If ineligible for the *Life!* program, please specify reason:

- Low/Medium Risk Living with Diabetes Pregnant
Other

STEP 2: Participant Details

Please consider whether Telephone Health Coaching or the Group Course would be more appropriate.

Select:  Telephone Health Coaching  Group Course

Name

Date of Birth Gender M F X

Address

Contact Number

Email

Country of Birth

Main language spoken at home

Individual of Aboriginal or Torres Strait Islander descent?

Aboriginal Yes No Torres Strait Islander Yes No

Waist circumference cm Blood Pressure sys / dia

Past medical history

Current Smoker? Yes No

Pre-existing CVD Please Specify

Gestational Diabetes (If not indicated in Step 1)

Other

STEP 3: Referrer Information

Life! Provider Health Professional

Name

Organisation/
Company Name

Address

Contact No


Fax

By signing this form you agree that you have explained to the individual, and in your opinion they understand, that Diabetes Victoria collects their personal information for the purposes of *Life!* program registration, administration, participation and monitoring. Please tick the below in the event your Individual **DOES NOT** consent.


Individual **DOES NOT** consent to being contacted by Diabetes Victoria for research, direct marketing and information purposes.

Referrer Signature

STEP 4: Return Completed Form To

 **Fax:** 03 9667 1757

 **Email:** life@diabetesvic.org.au

 **Send:** Diabetes Victoria,
206 Queensberry St,
Carlton VIC 3053

If you have any questions regarding this form call 03 8648 1880.

*See www.cvdcheck.org.au

**Includes myocardial infarction, angina and angioplasty. Must not have been diagnosed within 3 months of program commencement.

Diabetes Victoria ABN 47 008 529 461

Data Collection at Diabetes Victoria

Diabetes Victoria is the leading charity and peak consumer body working to reduce the impact of diabetes.

Data will be collected by Diabetes Victoria on all individuals referred to the *Life!* program.

To maintain the confidentiality of your personal information, we comply with all Commonwealth and State privacy legislation. A copy of our Privacy Policy is available upon request. Your information will be used to assess the effectiveness of the *Life!* program. It will be stored in a secure database and only accessible by the organisation providing the *Life!* course and management of the *Life!* program.

THE AUSTRALIAN TYPE 2 DIABETES RISK ASSESSMENT TOOL (AUSDRISK)

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
 Asia, Middle East, North Africa,
 Southern Europe 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) _____

Complete either the green 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 | <input type="checkbox"/> 0 points |
| 90–100cm | 80–90cm | <input type="checkbox"/> 4 points |
| More than 100cm | More than 90cm | <input type="checkbox"/> 7 points |

For all others:

| Men | Women | |
|-----------------|-----------------|-----------------------------------|
| Less than 102cm | Less than 88cm | <input type="checkbox"/> 0 points |
| 102–110cm | 88–100cm | <input type="checkbox"/> 4 points |
| More than 110cm | More than 100cm | <input type="checkbox"/> 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.