

Participant 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.

Participant eligibility

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

A → OR

≥ 18 years and AUSDRISK ≥ 12 and BMI ≥ 25

AUSDRISK Score:

Height (cm):

Weight (kg):

BMI:

B → OR

≥ 45 years (≥ 35 years if Aboriginal or Torres Strait Islander) and cardiovascular disease absolute risk score ≥ 10% when referred by a GP clinic

CVD risk score:

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 definitions page.

Referrer details

Life! Provider Life! Facilitator Other Health Professional

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**

Patient consents to be enrolled in the program

Patient consents to being contacted for research, marketing activities and other purposes

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

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.

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

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

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 disease²

- Persistent proteinuria or GFR < 45mL/min/1.73m² 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.

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 hypercholesterolemia⁷

- 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 ≥ 110mmHg⁸

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

Polycystic Ovarian Syndrome⁹

Rotterdam diagnostic criteria. Requires two of:

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

Diagnostic criteria for type 2 diabetes (RACGP clinical guidelines 2016-2018)¹⁰

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

2 **Kidney Health** www.kidney.org.au/your-kidneys/detect/kidney-disease/defining-chronic-kidney-disease

3 **Diabetes Australia** www.diabetesaustralia.com.au/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/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/

7 **Familial Hypercholesterolemia Australasia Network** www.athero.org.au/fh/patients/diagnosis/

8 **Heart Foundation** www.heartfoundation.org.au/for-professionals/clinical-information/hypertension

9 **Jean Hailes for Women's Health** 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/32-case-finding-in-patients-with-symptoms-suggestive-of-diabetes/