

REFERRAL FORM

Referral date:

Referred through: Life! Provider GP HP

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

a. 45 years or more, or ≥ 18 years and of Aboriginal and/or Torres Strait Islander descent, and have scored 12 or higher on the AUSDRISK tool

Diabetes Risk Score

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 $> 7.5\text{mmol/L}$
- systolic BP of $\geq 180\text{mmHg}$ or diastolic BP of $\geq 110\text{mmHg}$.

To be eligible for the program the patient 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.

Refer patient to the Life! program

Please consider whether the group course or Telephone Health Coaching service would be more appropriate.

Select: Telephone Health Coaching Group Course

Patient/client details

Title

Name

Date of birth Gender M F X

Address

Contact no

Mobile no

Email

Country of birth

Main language spoken at home

Patient/client of Aboriginal or Torres Strait Islander origin?

Aboriginal Yes No Torres Strait Islander Yes No

Referrer contact info

By signing this form you agree that you have provided an explanation to your patient regarding the collection and use of their personal information for Life! program participation and that in your opinion they have understood the information provided. Your signature also signifies that the patient understands that they may opt out to being contacted by DA-Vic for research, direct marketing or information purposes. Please tick the box in the event your patient **DOES NOT** consent.

Patient's personal information being used for registration, administration and monitoring of participation in the Life! program

Patient's health professional to release health information to Diabetes Australia-Vic to complete Life! program referral

Patient to be contacted by Diabetes Australia-Vic regarding research, direct marketing and information

Signature

Phone

Weight kg Waist circumference cm

Height cm Blood Pressure sys / dia

Current medication (if known)

Past medical history

Current Smoker Daily Occasionally Not at all

Other

Has diabetes been excluded: (in last 12 months) Yes No

Investigation/test results

(within last 12 months)

If possible, please attach the following results taken within the last 12 months

FBG (attach OGTT result if FBG > 5.5)

LIPIDS: TC, HDL, LDL, TRIGs

Patient/Client's GP Information

GP Name

Clinic Name

Address

Contact no

Fax

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

Return completed form to

Fax: 9667 1757 or your local provider **Email:** life@diabetesvic.org.au

Send: Diabetes Australia-Vic, 206 Queensberry St, Carlton VIC 3053

Diabetes Australia ABN 47 008 529 461

*See www.cvdcheck.org.au/

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

Data collection at Diabetes Australia-Vic

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

Data will be collected by Diabetes Australia-Vic 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 (including the Indian sub-continent), 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, and while standing):

Waist measurement (cm) _____

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

Men	Women	
Less than 90 cm	Less than 80 cm	<input type="checkbox"/> 0 points
90 – 100 cm	80 – 90 cm	<input type="checkbox"/> 4 points
More than 100 cm	More than 90 cm	<input type="checkbox"/> 7 points

For all others:

Men	Women	
Less than 102 cm	Less than 88 cm	<input type="checkbox"/> 0 points
102 – 110 cm	88 – 100 cm	<input type="checkbox"/> 4 points
More than 110 cm	More than 100 cm	<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 those aged less than 25 years.

What can I do now?

If you scored 12 or higher on the above test you may be eligible to enter the *Life!* program, a program that shows you how to adopt a healthier lifestyle to decrease your risk of developing type 2 diabetes, heart disease and stroke. Please see overleaf for more information on the *Life!* program, call us on 13 RISK (13 7475) or visit www.lifeprogram.org.au.