

Patient details

Referral Date:

Name:

Address:

Phone:

Email:

DOB: Gender:

Country of birth:

Does your patient speak English? Yes No

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

It is important to consider the suitability of the Life! program for each individual.

Patient eligibility

See over for further information and definitions.

Choose one of the following A OR B OR C:

<input type="radio"/> A <p>→ OR</p> <p>≥ 18 years and AUSDRISK ≥ 12 and BMI ≥ 25</p> <p>AUSDRISK Score: <input type="text"/></p> <p>Height (cm): <input type="text"/></p> <p>Weight (kg): <input type="text"/></p> <p>BMI: <input type="text"/></p>	<input type="radio"/> B <p>→ OR</p> <p>≥ 45 years (≥ 35 years if Aboriginal or Torres Strait Islander) and cardiovascular disease absolute risk score ≥ 10%</p> <p>CVD risk score: <input type="text"/></p>	<input type="radio"/> C <p>≥ 18 years with one or more of the following pre-existing conditions (Please tick ✓ and document):</p> <p><input type="radio"/> Cardiovascular disease <input type="radio"/> Gestational diabetes</p> <p><input type="radio"/> Chronic Kidney Disease <input type="radio"/> Pre-diabetes (IFG or IGT)</p> <p><input type="radio"/> Polycystic ovary syndrome <input type="radio"/> Familial hypercholesterolemia</p> <p><input type="radio"/> Serum total cholesterol > 7.5mmol/L (initial reading): <input type="text"/></p> <p><input type="radio"/> Syst BP of ≥ 180 mmHg or Diast BP ≥ 110mmHg (reading): <input type="text"/></p>
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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 the Life! program registration, administration, participation and monitoring.

Signature:

Completing the referral

Attach documentation and tick ✓ to confirm

- Blood pathology report within 12 months of referral date:
- Fasting Blood Glucose (or HbA1C)
- Full Lipid Profile (TC/TRIG/HDL/LDL)
- Completed AUSDRISK form if using criteria A
- Diabetes excluded

Return completed referral to:

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

Definitions

A AUSTRISK + BMI

The Australian type 2 diabetes risk assessment tool (AUSTRISK) 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

(must not have been diagnosed within the last 3 months):

- 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 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

- Inherited condition causing high levels of LDL cholesterol from birth
- Other family members have elevated LDLs or may have had heart disease or an MI at a young age (men before 55 and women before 60)
- Visible cholesterol deposits around the body

Serum cholesterol >7.5 mmol/L

Systolic BP ≥ 180mmHg or diastolic BP ≥ 110mmHg⁸

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

- 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 is ≥ 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** 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/