

## Participant details

Referral Date:

Name:

Address:

Phone:

Email:

DOB:  Gender:

Country of birth:

Does the participant 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.*

## Participant eligibility

See over for further information and definitions.

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

<input type="radio"/> <b>A</b> → OR ≥ 18 years and AUSDRISK ≥ 12 and BMI ≥ 25 AUSDRISK Score: <input type="text"/> Height (cm): <input type="text"/> Weight (kg): <input type="text"/> BMI: <input type="text"/>	<input type="radio"/> <b>B</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: <input type="text"/>	<input type="radio"/> <b>C</b> ≥ 18 years with one or more of the following pre-existing conditions (Please tick ✓ and document): <input type="radio"/> Cardiovascular disease <input type="radio"/> Gestational diabetes <input type="radio"/> Chronic Kidney Disease <input type="radio"/> Pre-diabetes (IFG or IGT) <input type="radio"/> Polycystic ovary syndrome <input type="radio"/> Familial hypercholesterolemia <input type="radio"/> Serum total cholesterol > 7.5mmol/L (initial reading): <input type="text"/> <input type="radio"/> Syst BP of ≥ 180 mmHg or Diast BP ≥ 110mmHg (reading): <input type="text"/>
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## Referrer details

Life! provider     Health professional

Name:

Clinic:

Address:

Phone:  Fax:

Email:

By signing this form, you agree that you have explained to your patient/customer and, in your opinion, they understand that Diabetes Victoria collects their personal information for the purposes of Life! program registration, administration, participation and monitoring.

Signature:

### 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](http://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](http://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](http://www.cvdcheck.org.au)

### C Pre-existing conditions

#### Cardiovascular disease\*<sup>1</sup>

(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 disease<sup>2</sup>

- Persistent proteinuria or GFR < 45mL/min/1.73m<sup>2</sup> or
- stage 3b chronic kidney disease or greater

#### Pre-diabetes<sup>3 4 5 6</sup>

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 hypercholesterolemia<sup>7</sup>

- 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 ≥ 110mmHg<sup>8</sup>

#### Polycystic Ovarian Syndrome<sup>9</sup>

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)<sup>10</sup>

- 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](http://www.heartfoundation.org.au/your-heart/heart-conditions)

2 **Kidney Health** [www.kidney.org.au/your-kidneys/detect/kidney-disease/defining-chronic-kidney-disease](http://www.kidney.org.au/your-kidneys/detect/kidney-disease/defining-chronic-kidney-disease)

3 **Diabetes Australia** [www.diabetesaustralia.com.au/pre-diabetes](http://www.diabetesaustralia.com.au/pre-diabetes)

4 **National Diabetes Services Scheme** [www.ndss.com.au/understanding-pre-diabetes](http://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/](http://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/](http://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/](http://www.athero.org.au/fh/patients/diagnosis/)

8 **Heart Foundation** [www.heartfoundation.org.au/for-professionals/clinical-information/hypertension](http://www.heartfoundation.org.au/for-professionals/clinical-information/hypertension)

9 **Jean Hailes for Women's Health** [jeanhailes.org.au/health-a-z/pcos](http://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/](http://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/)