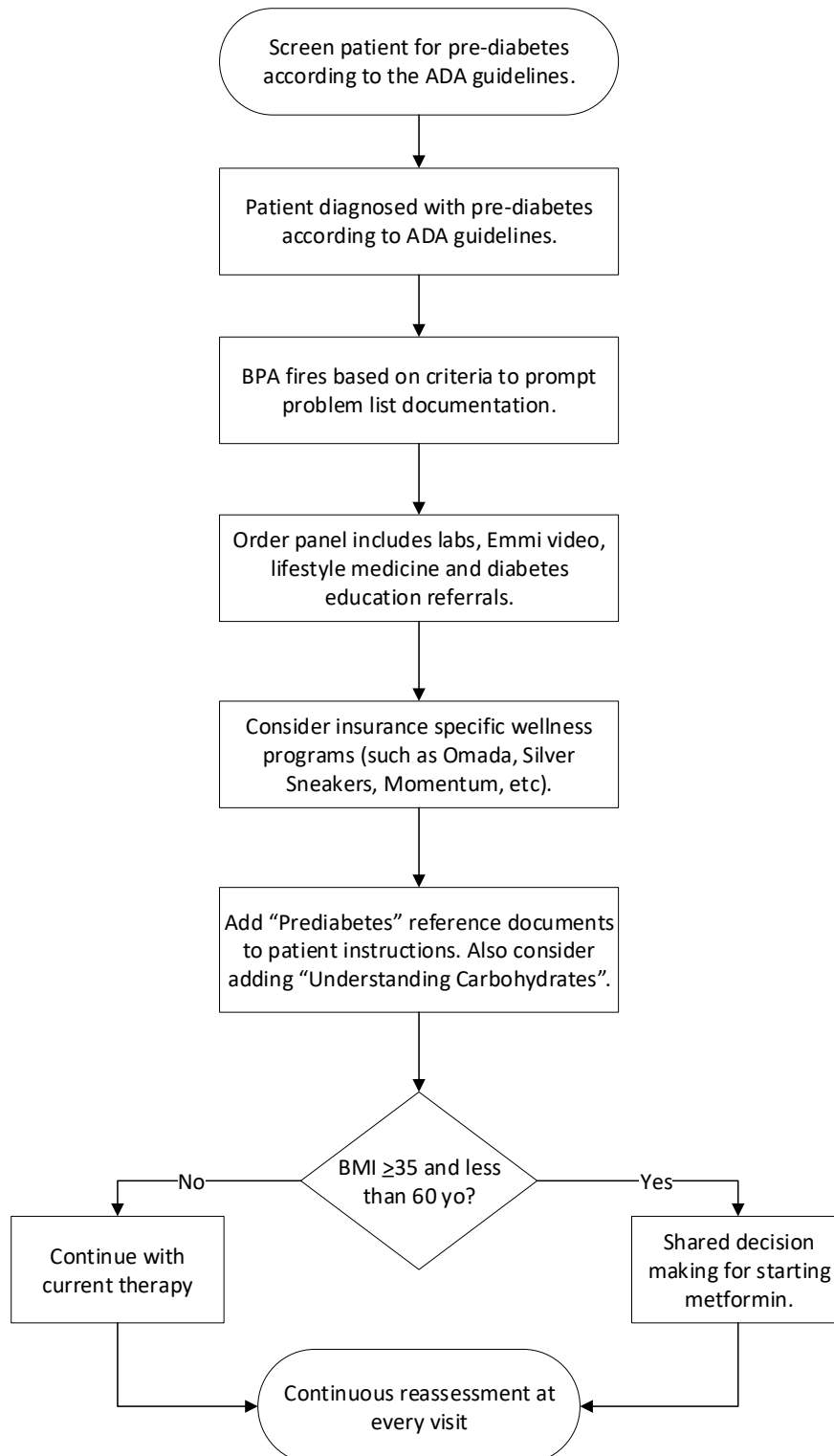


Clinical Pathway: Prediabetes, Outpatient

Updated: November 12, 2021

Clinical algorithm:



Clinical Pathway Summary

CLINICAL PATHWAY NAME: Prediabetes, Outpatient

PATIENT POPULATION AND DIAGNOSIS:

Meet **one of the three** following requirements:

- A hemoglobin A1c test with a value between 5.7% and 6.4%
- A fasting plasma glucose test of 100 – 125 mg/dL
- A 2 hour plasma glucose test (oral glucose tolerance test) of 140-199mg/dL

APPLICABLE TO: Primary Care

BRIEF DESCRIPTION:

The same tests used to screen for and diagnose diabetes can also be used to identify individuals with prediabetes (who are at high risk for subsequently developing diabetes).

If the patient has one of the following test results when screened, the patient may be diagnosed with prediabetes.

1. A1c of 5.7 to 6.4
2. Fasting glucose 100-125
3. 2-hour OGTT glucose 140-199

The primary goal of prediabetes management is to prevent progression to diabetes with lifestyle changes.

TEAM LEADER(S): Dr. Philip Henderson and Dr. Gregory Deines

TEAM MEMBERS: Dr. Jamie McCartney, Dr. Carol Deweerd, Dr. Jan Millermaier, Karen VanGoor, Amy Robinson Defouw

OWNING EXPERT IMPROVEMENT TEAM (EIT): Diabetes

OTHER TEAM(S) IMPACTED: Diabetes Education, Population Health

MANAGING CLINICAL PRACTICE COUNCIL (CPC): Primary Health

CPC APPROVAL DATE: 12/16/21

OPTIMIZED EPIC ELEMENTS:

New BPA to suggest problem list documentation for prediabetes based on lab values.

New order panel which includes labs, patient education videos, and diabetes education and lifestyle medicine referrals.

IMPLEMENTATION DATE: 12/20/21

LAST REVISED: 11/12/21

FOR MORE INFORMATION, CONTACT: Philip Henderson

LINK TO METRIC DASHBOARD: Coming Soon

Clinical pathway clinical approach

TREATMENT AND MANAGEMENT:

Lifestyle management is the primary intervention for patients diagnosed with prediabetes. Recommendations include dietary modifications, physical activity, and weight reduction of 7% as well as consideration for Diabetes Education and/or Lifestyle Medicine referrals.

Metformin has been shown to decrease the progression of patients with prediabetes to full-fledged diabetes. It is recommended for those with a BMI greater than 35 and less than 60 years of age. (Grade 1A) (American Diabetes Association, 2016)

REFERENCES:

American Diabetes Association, 2016

[Clinical presentation, diagnosis, and initial evaluation of diabetes mellitus in adults - UpToDate](#)

Diabetes Care 2021;44(Suppl. 1): S34–S39 | <https://doi.org/10.2337/dc21-S003>

[Management of Prediabetes | American Association of Clinical Endocrinology \(aace.com\)](#)