



Summary of NICE Guidelines

Title	Type 2 diabetes: prevention in people at high risk
NICE Reference	PH38
Date of Review:	<i>August 2018</i>
Date of Publication	<i>July 2012, updated September 2017</i>
Summary of Guidance	<p>This is the formal guideline from NICE on how to identify adults at high risk of developing type 2 diabetes mellitus.</p> <p>This guidance is aimed at:</p> <ul style="list-style-type: none">• Commissioners and managers• Local authorities• Private, voluntary and community sectors• GPs, nurses, pharmacists, occupational health specialists, optical practitioners, other health professionals• People at high risk of developing type 2 diabetes <p><i>Identifying people at high risk of type 2 diabetes is carried out in 2 stages.</i></p> <p>Stage 1 - A type 2 diabetes risk assessment, such as the 'Diabetes Risk Score' from the Diabetes UK website, should be offered to:</p> <ul style="list-style-type: none">• Adults ≥ 40 years• Adults ≥ 25 if from South Asian, Chinese, African-Caribbean, Black African or minority ethnic groups• Adults with a condition which increases the risk of type 2 diabetes• Not pregnant women. <p>Stage 2 - A fasting blood glucose or HbA1c blood test should be offered to those with a high risk score. A high risk of type 2 diabetes confirmed if:</p> <ul style="list-style-type: none">• Fasting glucose = 5.5 – 6.9 mmol/L• HbA1c = 42 – 47 mmol/mol. <p>A blood test indicative of type 2 diabetes should be repeated. A blood test should be considered for all patients ≥ 25 years and from a South Asian or Chinese ethnic origin with a BMI $\geq 23\text{kg/m}^2$, regardless of risk score.</p> <p>Reassessment should take place at 5 years if low risk, 3 years if moderate risk and at least yearly if high risk. Preventative lifestyle changes should be encouraged at all contact.</p> <p>Health and wellbeing boards and commissioners need to raise public awareness of type 2 diabetes risk and identify local needs for lifestyle changes. 'Quality-assured intensive lifestyle-change' programmes are required. Discussed in this guidance are their design, delivery, content and evaluation. The guidance also discusses whether and when to offer Metformin and Orlistat.</p>

Impact on Lab	None
Lab professionals to be made aware	None
Please detail the impact of this guideline (Max 150 words)	This guideline primarily impacts on health professionals working in primary care and the community setting regarding how they communicate the risk of developing type 2 diabetes and its consequences. The guideline advises on how to identify those at risk and what interventions are required in order to prevent or prolong the onset of type 2 diabetes. There may be a slight increase in numbers of HbA1c or fasting glucose requests as these are performed following a risk assessment with a high risk result.

Impact on Lab

- **None:** This NICE guideline has no impact on the provision of laboratory services
- **Moderate:** This NICE guideline has information that is of relevance to our pathology service and may require review of our current service provision.
- **Important:** This NICE guideline is of direct relevance to our pathology service and will have a direct impact on one or more of the services that we currently offer.

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