

Screen for diabetes in the pre-op clinic

DIABETES RISK SCORE

QUESTIONS

- How old are you?
 A 49 or younger [0]
 B 50-59 [5]
 C 60-69 [9]
 D 70 or older [13]
- Are you female or male?
 A Female [0]
 B Male [1]
- What is your ethnic background?
 A Only white European [0]
 B Other ethnic group [6]
- Do you have a father, mother, brother, sister and/or own child with Type 1 or Type 2 diabetes?
 A Yes [5]
 B No [0]
- Measure the person's waist circumference and choose the range:
 A Less than 90cm (35.3in) [0]
 B 90-99.9cm (35.4-39.3in) [4]
 C 100-109.9cm (39.4-42.9in) [8]
 D 110cm (43in) or above [9]
- Calculate the person's Body Mass Index (BMI) and choose the range (a BMI chart can be used).
 A Less than 25 [0]
 B 25-29.9 [3]
 C 30-34.9 [5]
 D 35 or above [8]
- Have you been given medicine for high blood pressure OR told that you have high blood pressure, by your doctor?
 A Yes [5]
 B No [0]

Your score is: _____ points

Risk level	Chances of having Type 2 diabetes now	Chance of high blood glucose now, meaning risk of Type 2 in 10 years	What you need to do
0-6 points (Low risk)	1 in 200	1 in 20	Keep up the good work, make lifestyle adjustments to further reduce risk.
7-15 points (Increased risk)	1 in 50	1 in 10	Make lifestyle changes.
16-24 points (Moderate risk)	1 in 33	1 in 7	See your GP to discuss your risk and how to reduce it.
25 or more points (High risk)	1 in 14	1 in 3	See your GP as soon as possible for a blood test.

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DRS Category	Leicester DRS data n=6186 Over 50	STSFT ALL PREP data n=3876	STSFT over 50yrs n=1933
Low Risk	9.9%	25.9%	5.5%
Medium Risk	33.4%	41.2%	30.5%
High Risk	39.8%	24.9%	38.3%
Very High Risk	16.8%	8.0%	25.7%

Standard Approach	Screening
Diabetes 12.5%	->16.1%
Pre-Diabetes 0% (Non-Diabetic Hyperglycemia)	->17.4%

Relative risk of 30 day mortality:

Well controlled diabetes **2**

Poorly controlled diabetes **3**

Non-diabetic BM > 10 **10**

Non-diabetic BM >16 **40**

	All Patients n=3835	Aged 50 – 75 n=2290
WtHtR <0.5	30.6%	21.1%
WtHtR 0.5 – 0.6	41.1%	44.2%
WtHtR >0.6	28.3%	34.6%

Frisch et al. Prevalence and Clinical Outcome of Hyperglycemia in the Perioperative Period in Noncardiac Surgery. Diabetes Care 2010 Aug; 33(8): 1783-1788.