

# Hertfordshire Diabetes Conference

## Tuesday 23/9/14

### Workshop 6 'Diabetes High Risk Registers'

The themes that came out of workshop 6:

(The principle behind the workshop was to change the approach to long term conditions, and think in proactive rather than reactive terms)

Looking for people **at risk of** diabetes you could search for

- BMI above 30
- Family History of type 2 diabetes
- Ethnicity – Asian / Afro Caribbean.
- Patients on long term steroids
- IGT
- Gestational diabetes
- Large baby / birth weight
- Leg ulcer
- Patients on severe MH register
- Patients on LD register
- Recurrent infection
- Existing CVD risk
- Auto immune disease eg coeliac
- POC
- PMH pancreatitis
- Alcoholics
- ED
- Socio-economic deprivation.

There is a useful validated tool called 'QDiabetes' developed through the QResearch Programme (University of Nottingham). The QResearch programme also developed various other Risk Calculators (such as QRISK2, QFracture, Qcancer, QAdmission).

- The QDiabetes risk tool is available freely on <http://www.qdiabetes.org>.
- There is also a version for iPhones/iPads (cost = 69p) at <https://appsto.re/gb/e0OYE.i>.
- More info about QResearch is at <http://www.qresearch.org>.

How to identify patients already with diabetes who have a **high risk of complications**

- Patients who do not request their medications/medicines concordance.
- Search for patients that have not had foot checks
- DNA from hospital and Surgery appointments.
- High HbA1c
- Emergency admissions
- Patients with co morbidities.

However time and support is required to run reports.