

Community Diabetes Team:

Helpline: (01904) 72 4938 or 72 4942

Email: yhs-tr.communitydiabetes1@nhs.net



**Diagnosing Diabetes in adults over 18 years old**

**Suspect Type 1 Diabetes if:**

* Short duration of hyperglycaemic symptoms
* Acutely unwell
* Ketones present (Urine or blood)
* Rapid weight loss
* Age of onset below 50 years
* BMI below 25 kg/m2
* Personal and/or family history of autoimmune disease

**Don’t rely on HbA1c value to diagnose – refer in**

**Suspect Type 2 Diabetes if:**

Slow onset of hyperglycaemia of longer than 2 months duration in:

* White European people over 40 years old, and people from black, Asian and minority groups aged over 25 years with:
* First degree relative with diabetes
* BMI >30
* Or BMI 25-30 who have sedentary lifestyle
* BMI>23 in South Asian people
* Women with Polycystic Ovary Syndrome / previous gestational diabetes
* Patients on prolonged steroid therapy
* Patients on anti-psychotic drugs.

**Always consider type 1 diabetes until proven otherwise**

**‘Urgent Same Day’**

referral to Diabetes Team for urgent assessment and management.

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**(Monday – Friday 8.30-17.00 – Out of hour’s Emergency Department or on call medical team at York hospital)**

**Symptoms of hyperglycaemia include:**

* Excess thirst
* Polyuria / urinary incontinence
* Weight loss
* Tiredness
* Pruritus vulvae / recurrent candidiasis
* Recurrent infections
* Blurred vision
* Pain / numbness / foot ulcers
* Any non-specific or unexplained symptoms

Diagnosis of Type 2 diabetes can be made using HbA1c ⃰

HbA1c <42

mmol/mol

HbA1c 42-47

mmol/mol

HbA1c ≥48 mmol/mol

⃰**Consider alternative method of diagnosis if person has:**

* Anaemia of any cause
* Haemoglobinopathies
* Rheumatoid arthritis
* CKD 4/5

Traditional glucose based diagnostic criteria which may include the need for OGTT may be required.

Results to confirm diagnosis of diabetes:

**OGTT:**

0hrs > 7.0 mmol/L

2hrs > 11.1 mmol/L

**Fasting plasma glucose** > 7.0 mmol/L

**Random plasma glucose** > 11.1 mmol/L

(If asymptomatic then 2 x raised glucose levels required for diagnosis)

**Never use HbA1c if suspecting diabetes in children under 18 years - refer direct to on call paediatrician**

Symptoms present

High Risk

Repeat Hba1c in 6-12 months

Diabetes unlikely

No

Yes

Diabetes confirmed

Repeat HbA1c within 2 weeks

HbA1c <48 mmol/mol – manage as High Risk

HbA1c ≥48 mmol/mol