

NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

General practice indicator for the NICE menu

Indicator area: Diabetes prevention

Indicator: NM150

Date: June 2017

Introduction

The management of type 2 diabetes and its complications represents a significant cost to the NHS, with the incidence of type 2 diabetes expected to rise in line with increased levels of obesity and sedentary lifestyles. Therefore attention has shifted focus from disease management to disease prevention through targeted interventions and ongoing monitoring of people with a blood glucose above normal limits but not reaching the threshold for a diagnosis of diabetes. These people with an HbA1c of 42-47 mmol/mol or a fasting plasma glucose of 5.5-6.9 mmol/l are described as having non-diabetic hyperglycaemia.

Indicator:

NM150: The percentage of people with non-diabetic hyperglycaemia who have had an HbA1c test or FPG test in the preceding 12 months.

Source guidance and recommendations

Type 2 diabetes: prevention in people at high risk NICE guidance PH38 (2012)

Recommendation 6: For people at high risk, offer a blood test at least once a year (preferably using the same type of test). Also offer to assess their weight or BMI.

Rationale

Patients with an elevated HbA1c between 42-47 mmol/mol (fasting plasma glucose 5.5-6.9 mmol/l) are at increased risk of developing Type 2 diabetes. NICE Guidance recommends annual HbA1c testing in these patients in order to ensure early identification of those who have developed Type 2 diabetes so that treatment may be instigated promptly and before complications have developed.

Reporting and verification

See indicator wording for requirement criteria.

References

- Type 2 diabetes: prevention in people at high risk, NICE guideline PH38 (2012)