**CHW Prediabetes Protocol**

\*A person with prediabetes has a blood sugar level higher than normal, but not high enough for a diagnosis of diabetes. He or she is at higher risk for type 2 diabetes and other serious health problems, including heart disease and stroke.

**Screening Event/Referral from Health System for pre-diabetic patient**

**Resources include:**

**Steps to take when working with clients:**

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| **Ask/Screen**  **1. Referral**: Did provider check prediabetes diagnosis? If no, check back with them to confirm diagnosis and administer ADA Risk Test. If yes, continue.  *\*CHW must attempt to follow up with client in 48-72 hours and document that attempt in Nightingale Notes.*  **2. Screening**: Did patient score above 5 on ADA Risk Test or have blood glucose screen reveal pre-diabetic lab value? If yes, continue. | * Risk Test Paper Copy:   On hard drive under CCL; 1PrediabetesResources   * Risk Test Electronic Copy: <http://www.diabetes.org/are-you-at-risk/diabetes-risk-test/> |
| **Advise**  Advise client based on screening results. Discuss with them their risks if they don’t make Lifestyle changes. | * What is Diabetes? Handout:   On hard drive under CCL; 1GeneralCHWResources – page 33 |
| **Build Trust & Assess Readiness**  Build trust and establish connection with the patient. Explain your role as a CHW. Assess readiness for change. |  |
| **Assist**  If not ready to change:  Still offer resources/handouts.  If client is willing to work with you have them sign:   * Privacy form * Authorization form * CHW rules document   Work with client to fill out Intake form (this is a way to further assess client needs)   * Intake form   Assess social determinants of health (gather from intake form)  Use motivational interviewing to identify client education needs (e.g. related to nutrition, physical activity, and/or tobacco use/exposure)  Offer information and referral to “I CAN Prevent Diabetes” Class | *\*You are encouraged to provide clients with resources even if they decline CHW services.*   * Privacy and Authorization Form:   Found in gray file cabinet by Casey’s office   * CHW rules document:   Found in hard drive under CCL; 1CHWForms   * Intake form: Found in hard drive under CCL; 1CHWForms   Other pre-diabetes resources:   * Health Living Goal sheet * Quitplan: <https://www.quitplan.com/> or 1-888-354-7526 * Ethnomed Diabetes Plate food binder (social services lobby) * U of M Extension office or other local Diabetes Prevention Programs |
| **Arrange for Follow-up**  Follow up monthly, at minimum, based on client progress and need. Once you are done working with a client, you should close their case in Nightengales Notes. |  |