

# Type 2 Diabetes Risk Evaluation for Men and Women aged 40-49 years at high risk of Type 2 Diabetes

MBS item 713



This material is a summary only and must be read in conjunction with the Medicare Benefits Schedule Book.

## The Type 2 Diabetes Risk Evaluation – MBS item 713

### Why is a Diabetes Risk Evaluation important for this patient group?

- Diabetes is one of the largest contributors to the disease burden in Australia, and type 2 diabetes accounts for 92 per cent of diabetes cases in Australia<sup>i</sup>.
- Diabetes is associated with a number of complications, including an increased risk of developing cardiovascular, eye and kidney disease. The incidence of type 2 diabetes has more than doubled in the last 15 years<sup>ii</sup>.
- The onset of type 2 diabetes is largely associated with lifestyle risk factors, particularly overweight and obesity, physical inactivity and poor diet<sup>iii</sup>.
- **Type 2 diabetes can be prevented** through lifestyle modification. International evidence has shown that intensive lifestyle interventions in high risk patients can reduce the incidence of type 2 diabetes by up to 58%<sup>iv</sup>.

### Who is eligible for a Type 2 Diabetes Risk Evaluation?

- Patients aged 40 to 49 years of age who are at high risk of type 2 diabetes using the AUSDRISK tool. **Patients with newly diagnosed or existing diabetes are not eligible** for item 713.

### What does an item 713 involve?

- Evaluation of the 'high' risk score on the AUSDRISK, including assessment of the risk factors contributing to the score.
- Assessing the readiness of the patient to make lifestyle changes to address the risk factors
- Updating the patient history and undertaking examinations and investigations
- Making relevant referrals and identifying appropriate follow-up
- Providing information and advice, such as referral to an accredited, subsidised LMP or the use of the Lifescrpts resources.

Practice Nurses, Aboriginal Health Workers and other health professionals may assist GP's in performing an item 713.

### Measuring a patient's risk

- A patient's risk of diabetes must be determined using the AUSDRISK screening tool within a 3 month period prior to item 713.
- The AUSDRISK assesses a patient's risk of developing diabetes in the next 5 years.
- This AUSDRISK can be completed by the patient or with the assistance of practice staff.
- Patients who score 'high' on the AUSDRISK and who have had diabetes excluded, are eligible to be referred to a subsidised LMP.

## Lifestyle Modification Programs (LMPs)

Patients who are at high risk of type 2 diabetes based on the AUSDRISK tool, can be referred to LMPs under an item 713 (Type 2 diabetes risk review), item 717 (45-49 year old health check) or item 710 (Indigenous Adult 15-54 year old health check).

LMPs are typically a series of group education and motivation sessions supporting lifestyle change. LMPs provide information in accordance with national standards. These standards require that information is provided on:

- the risks of diabetes and their relationship to lifestyle risk factors;
- the importance of regular diabetes screening;
- nutrition advice and education;
- physical activity advice;
- behavioural strategies to support the adoption and maintenance of healthy lifestyle changes;
- smoking cessation and alcohol reduction advice if required; and
- information about community resources to provide support in maintaining lifestyle change.

LMPs need to be awarded accreditation before they can start delivering services.

GPs need to complete a GP Referral Form for each patient referred to a LMP under an item 713, 717 or 710. The GP Referral Form can be downloaded from the AGPN website.

## Other resources

- Your local **division of general practice** can direct you to resources in your area and provide you with details of **accredited Lifestyle Modification Programs**. [www.agpn.com.au](http://www.agpn.com.au)
- Copies of the AUSDRISK tool and GP Referral Form to LMPs can be downloaded from the AGPN website [www.agpn.com.au](http://www.agpn.com.au) or ordered by emailing [resourcekits@health.gov.au](mailto:resourcekits@health.gov.au).
- The Lifescripts resource kit can help identify lifestyle risk factors and implement early intervention strategies to modify behaviour. [www.agpn.com.au](http://www.agpn.com.au)
- Diabetes Australia provides a range of resources including national evidence based guidelines for the primary prevention of type 2 diabetes. [www.diabetesaustralia.com.au](http://www.diabetesaustralia.com.au).
- The RACGP has a number of resources:
  - *The Red Book* – Guidelines for preventative activities in general practice.
  - *The Green Book* – Putting prevention into practice: guidelines for the implementation of prevention in the general practice setting.
  - *The SNAP Guide* – Smoking, Nutrition, Alcohol and Physical Activity (SNAP): a population health guide to behavioural risk factors in general practice. [www.racgp.org.au](http://www.racgp.org.au)

Item Number	Patient Eligibility	Frequency
713	Patient is aged 40-49 with a high risk of developing Type II Diabetes as determined by the AUSDRISK tool	Once per 3 years <sup>v</sup>
<b>Related Item Numbers</b>		
717	Men and women aged between 45-49 (inclusive) with at least one risk factor for chronic disease developing a chronic disease	Once only
710	Patient is of Aboriginal or Torres Strait Islander origin aged 15-54	Once per 18 months

<sup>1</sup> AIHW: Diabetes: Australian Facts 2008. Diabetes Series No. 8. Cat. No. CVD 40. Canberra: AIHW. <sup>ii</sup> *ibid.* <sup>iii</sup> *ibid.* <sup>iv</sup> Knowler WC, Barrett-Connor E, Fowler SE, et al. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *N Engl J Med.* Feb 7 2002;346(6):393-403. <sup>v</sup> Patients who have previously had an item 717 (45-49 year old health check) are not eligible for the type 2 diabetes evaluation within a three year period. The Type 2 diabetes evaluation can only be claimed once every three years. A type 2 diabetes evaluation does not exclude a patient from a 45-49 year old health check, although this item cannot be claimed on the same day.