

**14.3 HYPERGLYCEMIA – PREDIABETES**

TITLE	DESCRIPTION
DEFINITION:	Hyperglycemia is an excess of glucose in the blood. Prediabetes is a condition when blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes. (Prediabetes is also known as Impaired Glucose Tolerance (IGT) or Impaired Fasting Glucose (IFG) depending on which test was used to detect it. IGT uses the oral glucose tolerance test and IFG uses the fasting plasma glucose test).
SUBJECTIVE:	<p><b>May Include:</b></p> <ol style="list-style-type: none"> <li>1. No symptoms.</li> <li>2. Family history of diabetes.</li> <li>3. Weight changes.</li> <li>4. Fatigue, blurred vision, recurrent vulvovaginal candidiasis.</li> <li>5. History of gestational diabetes or birth weight of newborn 9 lbs. or greater</li> <li>6. Polydipsia, polyphagia, or polyuria.</li> <li>7. 20% over ideal body weight; sedentary lifestyle.</li> <li>8. Race (higher incidence of diabetes among American Indian, Hispanic, and African American population).</li> <li>9. History of hypertension, diabetes, Cushing’s disease, hemochromatosis, pancreatitis.</li> <li>10. History of decreased HDL and increased triglycerides.</li> <li>11. History of Polycystic Ovarian Syndrome or Metabolic Syndrome.</li> <li>12. Medications causing hyperglycemia (ex. antipsychotics).</li> </ol>
OBJECTIVE:	<p><b>May Include:</b></p> <ol style="list-style-type: none"> <li>1. BP</li> <li>2. Height and weight.</li> <li>3. Complete physical exam. Acanthosis Nigricans may be noted in axillae, groin, and/or neck.</li> </ol>
LABORATORY:	<p><b>May refer for:</b></p> <ol style="list-style-type: none"> <li>1. Hyperglycemia <ol style="list-style-type: none"> <li>a. Lab of choice may include one or more of the following: <ol style="list-style-type: none"> <li>i. Fasting plasma glucose (FPG). <ol style="list-style-type: none"> <li>(1) Prediabetes: FPG between 100mg/dl to 125mg/dl.</li> <li>(2) Diabetes: FPG is &gt; 126mg/dl.</li> </ol> </li> <li>ii. Oral Glucose Tolerance Test (OGTT). <ol style="list-style-type: none"> <li>(1) Prediabetes: OGTT 140mg/dl to 199 mg/dl.</li> <li>(2) Diabetes: OGTT 200mg/dl or higher.</li> </ol> </li> <li>iii. Hemoglobin A1C. <ol style="list-style-type: none"> <li>(1) Prediabetes: A1C 5.7% to 6.4%.</li> <li>(2) Diabetes: A1C 6.5% or higher.</li> </ol> </li> </ol> </li> </ol> </li> <li>2. Glycosuria: Measurement of glucose in the urine is not recommended due to insensitivity. May be due to renal tubular dysfunction or familial renal glycosuria.</li> <li>3. Lipid Panel</li> </ol>
ASSESSMENT:	Hyperglycemia – Prediabetes.

TITLE	DESCRIPTION
PLAN:	For hyperglycemia – may refer for diabetic evaluation and management.
EDUCATION:	<ol style="list-style-type: none"> <li>1. Provide education regarding importance of follow-up for diagnosis and management.</li> <li>2. Encourage exercise, dietary changes, and weight management.</li> <li>3. Recommend client RTC as indicated.</li> </ol>
REFERRAL TO MEDICAL PROVIDER:	<ol style="list-style-type: none"> <li>1. Any client with abnormal lab finding.</li> <li>2. Any client with hyperglycemia for diabetic evaluation and management.</li> </ol>
REFERENCES:	<ol style="list-style-type: none"> <li>1. CDC, <a href="http://www.cdc.gov/diabetes/basics/prediabetes.html">Prediabetes</a> (<a href="http://www.cdc.gov/diabetes/basics/prediabetes.html">www.cdc.gov/diabetes/basics/prediabetes.html</a>) (Retrieved 8/17).</li> <li>2. <a href="http://www.diabetes.org">American Diabetes Association</a> (<a href="http://www.diabetes.org">www.diabetes.org</a>) (Retrieved 8/17).</li> <li>3. American Association of Clinical Endocrinologists and American College of Endocrinology – <a href="https://www.aace.com/files/dm-guidelines-ccp.pdf">Clinical Practice Guidelines for Developing a Diabetes Mellitus Comprehensive Care Plan</a> – 2015 (<a href="https://www.aace.com/files/dm-guidelines-ccp.pdf">https://www.aace.com/files/dm-guidelines-ccp.pdf</a>) (Retrieved 8/17).</li> <li>4. National Institute of Diabetes and Digestive and Kidney Diseases. <a href="https://www.niddk.nih.gov/health-information/diabetes/diagnosis-diabetes-prediabetes/a1c-test">The A1C Test &amp; Diabetes</a>. (<a href="https://www.niddk.nih.gov/health-information/diabetes/diagnosis-diabetes-prediabetes/a1c-test">https://www.niddk.nih.gov/health-information/diabetes/diagnosis-diabetes-prediabetes/a1c-test</a>) (Retrieved 8/17).</li> <li>5. National Institute of Diabetes and Digestive and Kidney Diseases. <a href="http://diabetes.niddk.nih.gov/dm/pubs/diagnosis">Diabetes Tests &amp; Diagnosis</a> (<a href="http://diabetes.niddk.nih.gov/dm/pubs/diagnosis">diabetes.niddk.nih.gov/dm/pubs/diagnosis</a>) (Retrieved 8/17).</li> <li>6. National Institute of Diabetes and Digestive and Kidney Diseases. <a href="https://www.niddk.nih.gov/health-information/diagnostic-tests/diabetes-prediabetes">Diabetes &amp; Prediabetes Tests</a> (<a href="https://www.niddk.nih.gov/health-information/diagnostic-tests/diabetes-prediabetes">https://www.niddk.nih.gov/health-information/diagnostic-tests/diabetes-prediabetes</a>) (Retrieved 8/17).</li> </ol>