

Prediabetes and Type 2 Diabetes



This document is a resource for health care providers and synthesizes content from the [Prediabetes and Type 2 Diabetes quality standard](#).

Screening and Testing for Prediabetes or Type 2 Diabetes

Quality Statement (QS)* 1: Screening for Risk Factors and Testing for Prediabetes and Type 2 Diabetes

Create an opportunity to ensure that you are monitoring each person annually for type 2 diabetes risk factors. This could be done in a variety of ways: reviewing their chart, having people do a [diabetes risk questionnaire](#), during a virtual care

appointment, or during a [periodic health visit](#). If a person is found to be at increased risk for prediabetes or type 2 diabetes, offer a blood test. Plans for testing should be made with the individual or the community, ensuring appropriate dialogue, respect, and careful planning.

*Quality statements are provided in full on page 2.

Managing Prediabetes or Type 2 Diabetes

QS 2: Reducing the Risk of Type 2 Diabetes

Offer people with prediabetes a type 2 diabetes prevention plan. If they are ready or interested in participating, ensure that the plan is relevant to their social and cultural contexts. Work with communities to codevelop relevant, culturally appropriate prevention plans. When caregivers or the community are involved in the person's care (and if the person consents), include them as much as possible in discussions and coaching.

QS 3: Identifying and Assessing Mental Health Needs

Be alert to the possibility of mental health concerns and psychological distress in people with type 2 diabetes. Use recognized screening questions or validated screening tools (see the [full quality standard](#) for examples) to identify people who might benefit from further comprehensive assessment and appropriate treatment. Collaborate with people to determine the most effective next steps based on the severity of their symptoms and their individual needs and preferences. (See other quality standards for more information about specific mental health needs: [Major Depression](#), [Anxiety Disorders](#), and [Obsessive-Compulsive Disorder](#).)

QS 4: Healthy Behaviour Changes

Offer people with prediabetes or type 2 diabetes education and coaching on healthy behaviour changes that incorporate age-appropriate, socially and culturally relevant content. If the person is concerned about their weight despite adopting healthy behaviours, offer them weight management interventions.

QS 5: Setting and Achieving Glycemic Targets

Work with people with type 2 diabetes to determine their individualized hemoglobin A1C target. Offer support to help them reach and stay at their targets. When assessing whether a person's individualized glycemic targets have been achieved and when adjusting therapy, consider the hemoglobin A1C value in conjunction with all available measures of glycemia. Work with people who have not achieved their glycemic target; assess their individual needs and access appropriate resources to help meet those needs, such as self-management education and additional support.

QS 6: Access to a Collaborative Interprofessional Care Team

Help establish a care team that can address people's physical health, mental health, and social needs and that has the knowledge, skills, and judgment to manage their type 2 diabetes and associated conditions. Connect with additional providers as needed. Involve people and their caregivers and families in decisions about their own care.

QS 7: Promoting Self-Management Skills

To promote self-management, offer evidence-based information and coaching about prediabetes or type 2 diabetes starting at diagnosis. This coaching should be tailored to meet the person's learning needs and presented in a format and at times that are most appropriate for the person. Incorporate socially and culturally relevant content while also adhering to current clinical practice guidelines. When caregivers or the community are involved in the person's care, and if the person consents, include them as much as possible in discussions and coaching.

Preventing Diabetes-Related Complications

QS 8: Screening for Complications and Risk Factors

Screen people for type 2 diabetes complications and risk factors at diagnosis, and plan follow-up assessments as needed. Offer diagnostic testing and assessments as necessary. Screening should be respectful and culturally appropriate, and it should be planned with the individual or their community using ongoing dialogue.

QS 9: Cardiovascular Protection

Develop an individualized approach to cardiovascular risk reduction for people with type 2 diabetes. This approach should consider glycemic targets, blood pressure management, coaching and education on healthy behaviours, and evidence-based treatment for vascular protection and lipid management.

Quality Statement 1: Screening for Risk Factors and Testing for Prediabetes and Type 2 Diabetes

People who are asymptomatic yet susceptible to developing prediabetes and type 2 diabetes have their blood tested at regular intervals determined by their individual risk factors.

Quality Statement 2: Reducing the Risk of Type 2 Diabetes

People with prediabetes and their caregivers collaborate with their care provider to create a tailored plan to prevent or slow the progression from prediabetes to type 2 diabetes.

Quality Statement 3: Identifying and Assessing Mental Health Needs

People with type 2 diabetes are screened for psychological distress and mental health disorders on a regular basis using recognized screening questions or validated screening tools. People who screen positive for a mental health disorder are referred to a health care professional with expertise in mental health for further assessment and treatment.

Quality Statement 4: Healthy Behaviour Changes

People with prediabetes or type 2 diabetes receive education and coaching on healthy behaviour changes, including increasing physical activity, improving diet, managing stress, and quitting smoking. People who have concerns about their weight despite implementing healthy behaviour changes are offered individualized weight management interventions.

Quality Statement 5: Setting and Achieving Glycemic Targets

People with type 2 diabetes, in collaboration with their health care team, set individualized glycemic targets, including glycated hemoglobin (hemoglobin A1C) and other available measures of glycemia. All available data are used to assess whether individualized glycemic targets are achieved and to guide treatment decisions and self-management activities.

Quality Statement 6: Access to a Collaborative Interprofessional Care Team

People with prediabetes or type 2 diabetes and their caregivers have access to a collaborative interprofessional care team to comprehensively manage their prediabetes or diabetes and additional health care needs.

Quality Statement 7: Promoting Self-Management Skills

People with prediabetes and type 2 diabetes and their caregivers collaborate with their interprofessional care team to create a tailored self-management plan based on their needs and preferences, with the goal of enhancing their ability to participate in their diabetes management.

Quality Statement 8: Screening for Complications and Risk Factors

People with type 2 diabetes are screened for complications and risk factors at diagnosis and at regular follow-up intervals.

Quality Statement 9: Cardiovascular Protection

People with type 2 diabetes receive care that incorporates an individualized cardiovascular risk reduction approach.

Note: This resource can be used to support primary care providers in the provision of care. It does not override the responsibility of health care professionals to make decisions with patients, after considering each patient's unique circumstances. Grouping/directionality of statements may not be applicable for every patient, and clinical judgment should be used.

Resources

- [Prediabetes and Type 2 Diabetes Quality Standard](https://www.hqontario.ca/Evidence-to-Improve-Care/Quality-Standards/View-all-Quality-Standards/Prediabetes-and-Type-2-Diabetes) and [Patient Guide](#)
<https://www.hqontario.ca/Evidence-to-Improve-Care/Quality-Standards/View-all-Quality-Standards/Prediabetes-and-Type-2-Diabetes>
- [Diabetes in Pregnancy Quality Standard](https://www.hqontario.ca/Evidence-to-Improve-Care/Quality-Standards/View-all-Quality-Standards/Diabetes-in-Pregnancy) and [Patient Guide](#)
<https://www.hqontario.ca/Evidence-to-Improve-Care/Quality-Standards/View-all-Quality-Standards/Diabetes-in-Pregnancy>
- [Type 1 Diabetes Quality Standard](https://www.hqontario.ca/Evidence-to-Improve-Care/Quality-Standards/View-all-Quality-Standards/Type-1-Diabetes) and [Patient Guide](#)
<https://www.hqontario.ca/Evidence-to-Improve-Care/Quality-Standards/View-all-Quality-Standards/Type-1-Diabetes>
- [Diabetes Canada Guidelines](http://guidelines.diabetes.ca/cpg)
<http://guidelines.diabetes.ca/cpg>
- [Diabetes Canada Health Care Provider Tools](http://guidelines.diabetes.ca/health-care-provider-tools)
<http://guidelines.diabetes.ca/health-care-provider-tools>
- [Diabetes Canada Resources for People with Diabetes](http://guidelines.diabetes.ca/patient-resources)
<http://guidelines.diabetes.ca/patient-resources>
- [Unlockfood Canada](https://www.unlockfood.ca/en/default.aspx)
<https://www.unlockfood.ca/en/default.aspx>