

Position Statement

Subject: **Annual pathology testing in all adult diabetes care**
Approval Date: October 2016, January 2017
Review Date: October 2020
Reviewed By: BPPQ
Number: 7/2016

The increasing diagnosis of diabetes is a global phenomenon marked by known high rates of morbidity and mortality. According to Diabetes Australia, 1.7 million Australians already have a diagnosis of diabetes, with a further half a million having undiagnosed diabetes and two million with pre-diabetes. Pathology plays a vital role in monitoring glycaemic control in diabetes and assists clinicians in treating the disease and preventing complications. However there is considerable variation in the requesting practices of those caring for these patients. Studies show that many patients are under monitored leading to poor glycaemic control and the development of complications leading to increased morbidity and mortality.

The College is seeking to provide clarification as to the recommended pathology tests that are required to monitor diabetes effectively. "Care sets" are lists of tests recommended to be used in defined clinical scenarios. For diabetes the College recommends an annual monitoring care set for adult stable diabetes be created which is in line with existing guidelines, as per below. The Australian Medical Benefits Schedule item numbers are included in the test list to assist Australian requesters.

Full details relating to monitoring patients with diagnosed diabetes can be found through guidelines issued by the Royal Australian College of General Practitioners and Diabetes Australia.

Annual Diabetes Care Set for an Adult at 12 month check up visit

Creatinine, cholesterol, triglycerides (MBS item number – 66506)

HDL cholesterol (MBS item number – 66536)

Microalbumin (MBS item number – 66560)

HbA1c (MBS item number – 66551)

References

1. Craig ME, Twigg SM, Donaghue KC, Cheung NW, Cameron FJ, Conn J, Jenkins AJ, Silink M, for the Australian Type 1 Diabetes Guidelines Expert Advisory Group. *Draft*

National Evidence Based Clinical Care Guidelines for Type 1 Diabetes in Children, Adolescents and Adults, Australian Government Department of Health and Ageing, Canberra 2011. <https://diabetessociety.com.au/downloads/guidelinesTechReport1.pdf>

2. The National Institute for Health and Care Excellence 2015, Type 2 Diabetes in Adults: Management
<https://www.nice.org.uk/guidance/ng28/resources/type-2-diabetes-in-adults-management-1837338615493>
3. The Royal Australian College of General Practitioners and Diabetes Australia, 2014. *General Practice Management of Type 2 Diabetes – 2014–15*. Melbourne.
<https://www.diabetesaustralia.com.au/type-2-diabetes-management>