



# Targeted Screening for Prediabetes/Type II Diabetes Mellitus and COVID and Flu Vax Screening

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## INTRODUCTION

- Diabetes Mellitus, a chronic metabolic disorder, poses a significant health challenge.
- Factors such as physical activity, diet, socioeconomic status and genetics affect disease development.
- Complications stemming from uncontrolled diabetes affects multiple organ systems resulting in higher risk for:
  - Cardiovascular disease
  - Neuropathy
  - Nephropathy/renal disease
  - Retinopathy
  - Cerebrovascular accident
- Many people who have T2DM are asymptomatic and undiagnosed, would screening people earlier make a difference in health outcomes?
- People with lower health tend to develop worse presentations of COVID19, we hoped to screen.

## Why Does this Matter?

- T2DM is a worldwide epidemic
- 11.6% of Americans have T2DM
  - Over 22% are unaware of the diagnosis
- 1 in 3 Americans has prediabetes
  - 8/10 do not know
- With more Westernized diets and increased in sedentary lifestyles T2DM is increasing in prevalence
- Family medicine physicians, and other providers providing direct primary care, stand at a unique path to diagnosis and treat T2DM to prevent deterioration of condition and help the patient

## Selection Criteria

- Do not have dx of T2DM/prediabetes
- Questionnaire initially provided in English and Spanish

## Methods

- Diverse Urban FQHC Setting multidisciplinary team
- Residents, attendings, IT support, medical office staff
- 5 Question ADA pop-up ad hoc integrated into the EMR
- We routinely follow-ed up to adjust our method to the strategy that worked best for our office and workflow.

COVID-19 Vaccine Screening and Safety Questions

Age Range:  Ages 5-4y  Ages 5-11  Age 12+

Patient Status:  No  Yes

How Many COVID-19 Vaccines Have You Received?
 

- Unvaccinated
- 1 dose
- 2 doses
- 3 doses
- 4, 5 or 6 Doses
- Protes not to answer
- Unable to obtain due to condition

Last COVID-19 Vaccine Manufacturer:
 

- Pfizer
- NEV Pfizer (3/22) Bivalent Booster
- Moderna
- NEV Moderna (3/22) Bivalent Booster
- Janssen (J&J)
- Novavax
- Other WHO approved vaccine series
- NON WHO/NON CDC approved vaccine

Eligibility determined by above answers and will auto fill.

Patient Eligibility for COVID-19 Vaccine:
 

- Eligible - 1st dose COVID-19 Vaccine
- Eligible - Start primary CDC approved series
- Eligible - 2nd dose COVID-19 Vaccine
- Eligible - 3rd dose COVID-19 Vaccine
- Eligible - Bivalent Booster
- Not eligible for COVID-19 Vaccine

Diabetes Risk Screening

1. Do You Have Diabetes? Yes (STOP Test) No (Go onto #2)  Yes  No

2. How Old Are You?
 

- < 40 Years (0 Points)
- 40 - 49 Yrs (1 Point)
- 50 - 59 Yrs (2 Points)
- 60 Yrs or Over (3 Points)
- N/A

3. Were You Born Male or Female?
 

- Male (1 Point)  Female (0 Points)

4. Have You Ever Been Diagnosed With Gestational Diabetes? Yes (1 Point) No (0 Points)  Yes  No

5. Do You Have a Biological Mother, Father, Sister or Brother With Diabetes? Yes (1 PT) No (0 Pts)  Yes  No

6. Have You Ever Been Diagnosed With High Blood Pressure? Yes (1 Point) No (0 Points)  Yes  No

7. Are You Physically Active? Yes (0 Point) No (1 Point)  Yes  No

8. Your Current Weight: (In Pounds) 

Height (ft/in)	Column A	Column B	Column C
4'10"	58"	119 - 142	143 - 190
4'11"	59"	124 - 147	148 - 197
5'0"	60"	128 - 152	153 - 203
5'1"	61"	132 - 157	158 - 210
5'2"	62"	135 - 163	164 - 217
5'3"	63"	141 - 168	169 - 224
5'4"	64"	145 - 173	174 - 231
5'5"	65"	150 - 179	180 - 239
5'6"	66"	155 - 185	186 - 246
5'7"	67"	159 - 190	191 - 254
5'8"	68"	164 - 196	197 - 261
5'9"	69"	169 - 202	203 - 269
5'10"	70"	174 - 208	209 - 277
5'11"	71"	179 - 214	215 - 285
6'0"	72"	184 - 220	221 - 293
6'1"	73"	189 - 226	227 - 301
6'2"	74"	194 - 232	233 - 310
6'3"	75"	200 - 239	240 - 318
6'4"	76"	205 - 245	246 - 327

9. Your Current Height: (In Inches) 

Column A (1 Point)	Column B (2 Points)	Column C (3 Points)
0	1	2
1	2	3
2	3	0
3	0	1

10. What is Your Height/Weight Status? (See Chart)

Select Points Based On Height/Weight Chart

If You Weigh Less Than The Amount In The Left Column (0 Points)

## Results

Topic	Measure	Collaborative Goal	Our Current Average	April 30 Target
Prediabetes & Diabetes Prevention	Screening*	90%	27.7%	60%
Vaccinations for Prediabetics & Diabetics	Documentation of Flu & Covid Vaccination	70%	0.29%	10%

\* If screening is at or above goal, identify another measure related to prevention (3 optional on SQI).

## Conclusion

- 28% of eligible people were screened for T2DM
- 0.29% were documented receiving the COVID 19 vaccine.
- Current efforts could be improved in the future

## Discussion

In general, this QI project did reveal that the need for screening people for T2DM is worth while endeavor. Our team during this time did face some challenges with acquiring the data. Being a smaller resident team, more of the day-to-day fell with the 4 PGY2 residents. Our office is often busy and understaffed, which also caused some screening to fall behind. We did try to integrate as much as possible, but ultimately the needs of our patients did have to come before our QI project. If in the future the questions could be provided in the waiting room or if they could be added to the initial questions that would be ideal. However staffing difficulties make these proposed interventions challenging, resulting in an increase in stress for the medical assistant/nursing staff.

## References

U.S. Department of Health and Human Services. (2024, January). *Diabetes statistics - NIDDK*. National Institute of Diabetes and Digestive and Kidney Diseases. <https://www.niddk.nih.gov/health-information/health-statistics/diabetes-statistics>

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