

# Does Knowledge of Risk Facilitate a Conversation about Prediabetes with your Doctor?



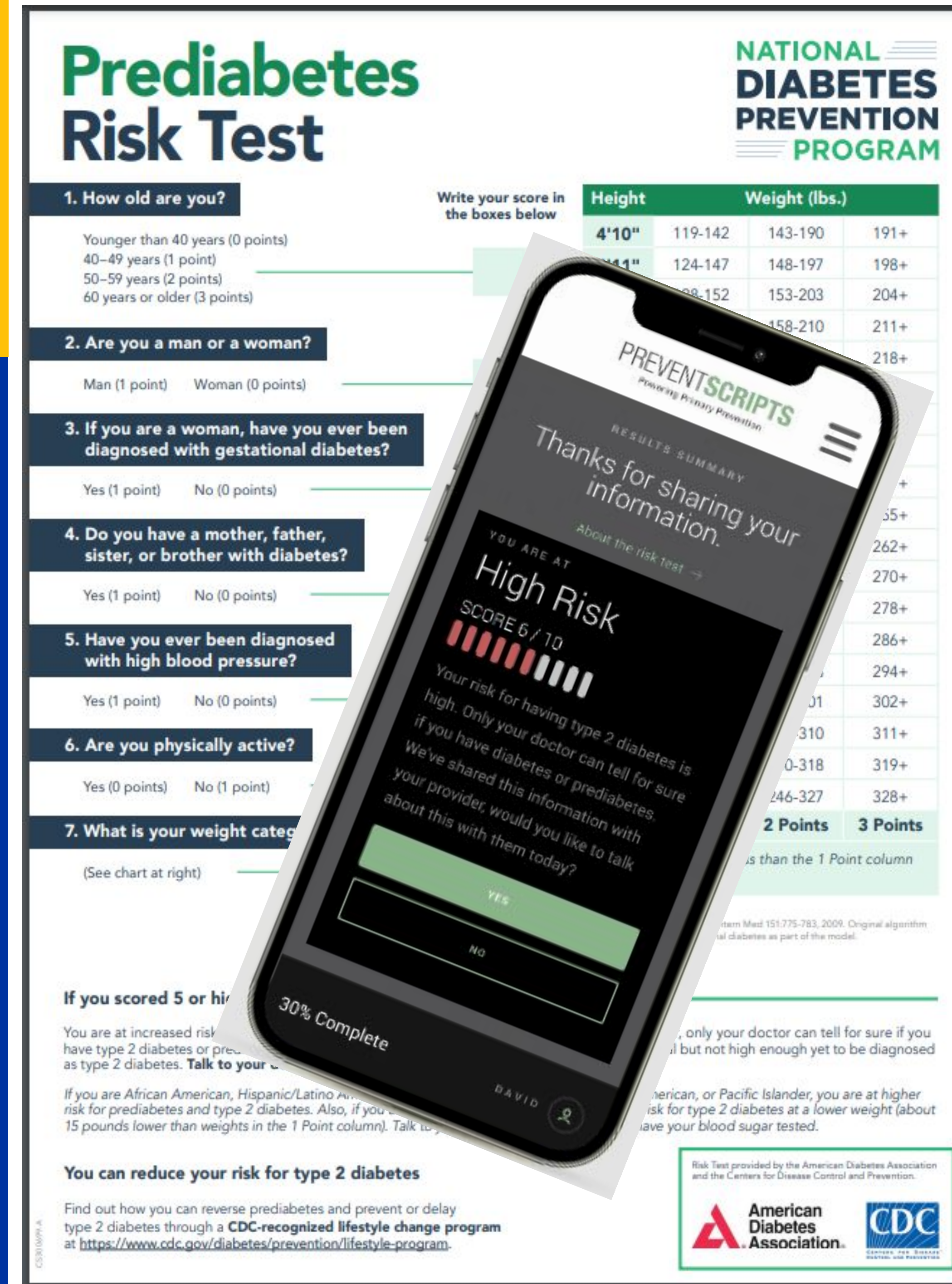
Karen L. Roper, PhD (lead presenter)  
 Peyton Couch, MD, Huda Kutmah, MD candidate, Bennett Collis, MD candidate, Brandi Harless,\* Neelima Kale, MD, PhD

University of Kentucky College of Medicine:  
 Department of Family and Community Medicine (UK-DFCM)

karen.roper@uky.edu

A patient-initiated approach to diabetes risk assessment may facilitate use in primary care settings, but incorporation into the electronic record or other means of conveyance is needed

RECRUITMENT was at the UK-DFCM clinic location between Nov 2021 – Mar 2022. 45 patients were approached in their clinic room until 25 agreed to participate.



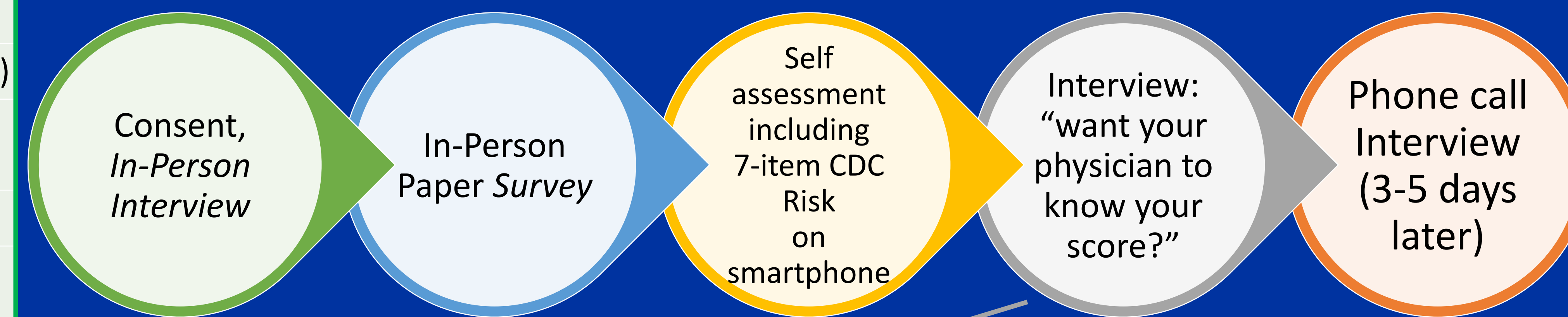
## INTRODUCTION, PURPOSE

- 97.6 million (38%) U.S. adults have **prediabetes**, a condition of high risk for developing Type 2 diabetes (T2D) due to abnormally elevated blood glucose (Hemoglobin A1C values between 5.7-6.4%)
- Only about 19% report awareness of their **prediabetes diagnosis**
- Landmark studies report individuals assigned to lifestyle intervention experienced 40% –58% relative reduction in the risk of developing T2D
- A study of patients notified of their prediabetes diagnosis and followed for 18 months without intervention improved glycemic control and adipose compared to a control group
- In prior focus group study in our UK-DFCM clinic, at-risk patients expressed that T2D risk communication was desired, but lacking in their clinician interactions

-Owei I, Umekwe N, Ceesay F, Dagogo-Jack S. Awareness of Prediabetes Status and Subsequent Health Behavior, Body Weight, and Blood Glucose Levels. *JABFM*. 2019;32(1):20-27

- Roper KL, Thomas AR, ...Keck J. Patient and Clinician Perceptions of Prediabetes: A Mixed-Methods Primary Care Study. *Diabetes Educ*. 2019;45(3):302-314.)

| Non Participation (Reasons)          | % (n)     |
|--------------------------------------|-----------|
| Disinterest                          | 24.4 (11) |
| Previous Diabetes Diagnosis          | 6.7 (3)   |
| Non-English Speaker                  | 6.7 (3)   |
| Lack of / Discomfort with Smartphone | 2.2 (1)   |



|  | % (n)      |
|--|------------|
| Diabetes is "Serious" or "Very Serious"                                  | 100.0 (25) |
| MY _____% chance of developing diabetes in 3 Years                       |            |
| 0%   | 16.0 (4)   |
| 5-10%  | 32.0 (8)   |
| 15-20%   | 20.0 (5)   |
| 25-30%   | 16.0 (4)   |
| 50%  | 16.0 (4)   |
| HIGH RISK individual has _____% chance of developing diabetes in 3 Years |            |
| 20-25%   | 8.0 (2)    |
| 30-35%   | 16.0 (4)   |
| 40%  | 4.0 (1)    |
| 50%  | 36.0 (9)   |
| 60-70%   | 12.0 (3)   |
| 75-90%   | 24.0 (6)   |
| Which one item most influences a person's risk score?                    |            |
| Age  | 8.0 (2)    |
| Being Female/Male  | 0.0 (0)    |
| Having a Mother/Father/Brother/Sister with Diabetes                      | 40.0 (10)  |
| Previous Diagnosis of High Blood Pressure                                | 8.0 (2)    |
| Being Physically Active  | 12.0 (3)   |
| Weight   | 56.0 (14)  |

|   | % yes (n)       |
|---|-----------------|
| <b>"yes" 24/25</b> → <b>Results of Diabetes Risk Score Shared with Physician</b>        | <b>17.4 (4)</b> |
| Do You Think PCP Was or Would Be Interested in Your Diabetes Risk Score                 | 69.6 (16)       |
| Do You Think the Diabetes Risk Score Would Generate a Useful Conversation               | 56.5 (13)       |
| Did the Diabetes Risk Assessment Increase Motivation to be More Active against Diabetes | 60.9 (14)       |
| Do You Know the Steps to Prevent Diabetes   | 87.0 (20)       |

| "Do you think you are at all of risk of developing diabetes?" |           |           |           |
|---|-----------|-----------|-----------|
|   | no        | yes       |           |
| ADA Risk ≥ 5  | 2         | 4         | 6         |
| <b>Total</b>  | <b>12</b> | <b>13</b> | <b>25</b> |

We sought to understand perceptions of risk, T2D seriousness, and validity of T2D risk score assessment.

Sharing of self-assessed risk results in the clinical encounter was the primary outcome.

Only 4 of 25 patients shared their risk score with their primary care physician (PCP) during their appointment visit

**"I don't want to be judged on what I said. He can talk to me himself and figure out what I need."**

**"Doesn't feel pertinent for my appointment today."**

**Funding Statement:** This work was supported by PreventScripts™, which provided the platform for the phone-based assessment and funding for participant payments. PreventScripts™ and B. Harless\*, co-founder, had no role in the research, authorship, and/or preparation of this report.