



شركة الصحة القابضة  
Health Holding Company  
North Business Unit

Model of Care  
Chronic Care

# Pre-diabetes

This clinical sub-pathway is part of the system level Diabetes pathway and it focuses on pre-diabetes. This pathway provides information about the assessment and management of patients with pre-diabetes.



## Table of Contents

Background.....	2
Assessment .....	3
Management.....	4
Request .....	5
Information.....	6
Acknowledgments.....	7



Double click to open the reference document



Click blue color text to open the linked document

Click to view further information



# Background

## About pre-diabetes

The overall prevalence of pre diabetes among Saudi Arabian residents aged 15 years and older is about 16.3%. Rates vary according to age, sex, and ethnicity (*Ministry of Health - Saudi Health Interview Survey Results, 2013*).

Patients with pre diabetes often have the metabolic syndrome with associated obesity (especially abdominal or visceral obesity), dyslipidaemia, and hypertension.



## Assessment

- 1 Follow the Diabetes - Diagnosis and Screening [link](#) pathway to determine whether the patient has pre-diabetes.
- 2 If pre-diabetes is confirmed, check for cardiovascular risk factors, including:
  - Smoking status
  - Personal cardiovascular risk factors:
  - Family history risk factors:
  - Blood pressure
- 3 Arrange a blood test to check lipids.



# Management

- 1 Give advice on:
  - Healthy eating:
  - Increasing physical activity:
  - Weight loss:
  
- 2 Manage any cardiovascular risk factors. Cardiovascular disease is the greatest threat pre-diabetes poses to the patient's health.
  
- 3 Consider treating with metformin:
  
- 4 Record the diagnosis of pre-diabetes as part of diabetes coding:
  
- 5 Arrange follow-up with the patient:
  - Base the timing on the goals and plans agreed with the patient
  - Repeat the HbA1c initially after 3 months of lifestyle therapy then every 6 to 12 months
  - Check weight, dietary, and physical activity changes
  - Measure or check any cardiovascular risk factors



## Request

- Consider referral to health coach for lifestyle management



# Information

## For health professionals

- The National Guidelines for Management of Cardiometabolic Risk Factors in Primary Health Care (Diabetes Definition p22) [🔗](#)
- [Prediabetes Tests](#)
- Ministry of health – [MOH formulary](#)

## For patients

- MOH Website Patient Information Pages on:
  - [Diabetes](#)
  - [Diabetes Related Diseases:](#)
    - ◆ [Gestational Diabetes](#)
  - [Diabetes Related Issues:](#)
    - ◆ [Diabetes and COVID-19](#)
    - ◆ [Diabetes and Hajj](#)
- MOH Patient Documents on:
  - [Pre Diabetes:](#)
    - ◆ [Prediabetes](#)
  - [Diabetes:](#)
    - ◆ [Diabetes Overview](#)
    - ◆ [Diabetes Guide](#)
    - ◆ [Diabetes Leaflet](#)
    - ◆ [Misconceptions About Diabetes](#)
    - ◆ [Diabetes Complications](#)
    - ◆ [Type 1 Diabetes](#)
    - ◆ [Type 2 Diabetes](#)
    - ◆ [Type 2 Diabetes Medications](#)
- [Diabetes related health conditions:](#)
  - ◆ [Diabetes and Kidney Care](#)
  - ◆ [Diabetes and Oral & Dental Care](#)
  - ◆ [Diabetic Foot](#)
  - ◆ [Managing Diabetes During Illness](#)
  - ◆ [Glucagon](#)
  - ◆ [Insulin Pump](#)
  - ◆ [Victoza Injection](#)
- MOH Health Tools:
  - [Prediabetes Risk Test](#)



## Acknowledgments

A special thank you to the following team members for their help and dedication in making this document a reality.

### From Hail

- Dr. Khalil Alshammari
- Hind Alobaid
- Dr. Mashari Aljamaani
- Dr. Alshafei Abdel aziz Ladhin
- Faiza saleh alaboush
- Dr. Marwa Mahmoud Hosny Mahdy
- Maram Saleh Alshammari

### From Jouf

- Dr. Ahmad Almuayqil
- Dr. Oussama Alsobyhy
- Lama Mohammed Albarrak
- Abdulaziz Khalaf Alfuhegy
- Alex A. Adelosy
- Asma Lotfy Sasi
- Dr. Ibrahim Ramadan
- Iqbal Abdel Rahim Mukhtar
- Mohanad Abdullah Aldaly
- Naglaa Mohamed Ahmed

### From Northern Borders

- Dr. Mansour Azmi
- Eng. Mejjwel Alenazi
- Zeid Akshan
- Mohamed Alenazi
- Hamida Alenazi
- Dr. Ahmed Ismail

- Eshraq Aldhubyan
- Dr. Hesham Nasef
- Manal Saeed Alenezi
- Manal Saad
- Maryam Mukatel
- Dr. Mohamed Eyhab
- Omar Faleh
- Dr. Rawan Abed Alharbi
- Dr. Yasser Awad

### From Qurayyat

- Dhaher Al Anazi
- Ali Monawer Alanzi
- Dr. Reda Mahmoud Alshenawy
- Majid Alanzi
- Hooria Alanazi
- Faleh za'al Alanezi
- Adel Zaki Al Sharari
- Dr. Ahmed Maashy Guribaan Alabdely
- Dr. Ali Shaban
- Fahdah Aziz Al Rowili
- Dr. Fatima Sabry Jaddahllah
- Dr. Jehan Yousif Gally
- Dr. Maha AbdulRahman
- Mona Eyada Al Enazi
- Dr. Mutaz Mustafa Abdullah
- Nada Salem Alazmi
- Wjdan Taleb Alanazi

### From Tabouk

- Dr. Hayaza'a Alshehri
- Dr. Nada Saleh Albalawi
- Hayfaa Alsubhi
- Saad Alzahrani
- Abeer Slamh Al Balawi
- Afrah Ateeq Alghamdi
- Dr. Ahmad Nasreldein Ali Nsef
- Dr. Ameerah Abdulaziz
- Anna Leizza M. Ahmad
- Dr. Awad AL qahtani
- Dr. Basem Ahmad Abdulkader
- Dr. Djekaoua Redouane
- Fatimah Abdullal ALAtawi
- Dr. Lafiah Jaradi
- Dr. Majed Saeed Alqahtani
- Dr. Mohammed Islam
- Nourah Saad ALJowhri
- Eng. Salih Alhowaiti
- Waleed Abdullal Ettai



**شركة الصحة القابضة**  
Health Holding Company  
North Business Unit