

HAT Tool quick treatment guide

Diabetes risk score 4 or more:

- Complete an AUSDRISK test
- Order random glucose test or OGTT if not done in past 12 months
- Discuss lifestyle changes +/- refer to lifestyle modification program.
- Add a reminder to repeat test in 12-24 months if nil diabetes present.

Heart risk score 4 or more:

- Perform an Absolute Cardiovascular risk test. Order lipids if not done in past 12 months.
- Discuss lifestyle modification. Refer for further supports as needed.
- Add reminder for review in 12-24 months.

Kidney disease risk score 2 or more:

- Perform a kidney triple test: BP, eGFR & urinary microalbumin if not done in past 12 months.
- Add reminder to repeat triple test in 2 years, or 1 year with hypertension or diabetes.

Lung disease risk score 3 or more:

- Perform COPD screening with PiKo-6 or COPD6 or arrange spirometry testing.

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