

## Position Statement

Subject: **Pathology testing in all adult diabetes care**  
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The increased frequency of the diagnosis of diabetes is a global phenomenon associated with 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 assisting clinicians in treatment and in preventing complications.

However, there is considerable variation in the requesting practices of those caring for these patients. Studies show that many patients are not adequately monitored leading to poor glycaemic control and subsequent development of complications resulting in increased morbidity and mortality.

In this Position Statement the College is providing clarification as to the recommended pathology tests for monitoring diabetes appropriately. "Care sets" are lists of tests recommended to be used in defined clinical scenarios. For diabetes the College recommends an annual monitoring best practice care set for adult stable diabetes be created in line with existing guidelines, as 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 checkup visit**

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

HDL cholesterol (MBS item number – 66536)

Urine albumin (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, accessed 3 August 2020,  
<<https://diabetessociety.com.au/downloads/guidelinesTechReport1.pdf>>

2. The National Institute for Health and Care Excellence, updated 2019, *Type 2 Diabetes in Adults: Management* accessed 3 August 2020,  
<<https://www.nice.org.uk/guidance/ng28/ifp/chapter/About-this-information>>
3. The Royal Australian College of General Practitioners and Diabetes Australia, July 2020. *Management of type 2 Diabetes: A Handbook for General Practice*, Melbourne, accessed 3 August 2020,  
<https://www.racgp.org.au/getattachment/41fee8dc-7f97-4f87-9d90-b7af337af778/Management-of-type-2-diabetes-A-handbook-for-general-practice.aspx>