



STATE OF MISSOURI  
DEPARTMENT OF MENTAL HEALTH  
**METABOLIC SYNDROME SCREENING AND MONITORING TOOL**

NAME	DOB								
AGENCY	DCN # (IF AVAILABLE)								
VITAL HISTORY	<b>Baseline</b>	<b>Subsequent Values</b>							
	Date	_/_/	_/_/	_/_/	_/_/	_/_/	_/_/	_/_/	
	Height (in) _____								
	Weight (lbs)								
	BMI (kg/m2)								
	Waist Circumference								
	<b>BMI Monitoring</b> BMI ↑ 25 - overweight    BMI ↑ 30 - obese <b>Waist Circumference Monitoring</b> Females ↓ 35" or Men ↓ 40" within normal limits Females ↑ 35" or Men ↑ 40" - prediabetic risk factor								
	<b>Baseline</b>	<b>Subsequent Values</b>							
	Date	_/_/	_/_/	_/_/	_/_/	_/_/	_/_/	_/_/	
	Blood Pressure (mmHg)								
Manual/Automated	M/A	M/A	M/A	M/A	M/A	M/A	M/A		
<b>Blood Pressure Monitoring</b> Normal - BP 120/80 and below, Prehypertension - BP 120/80 - 139/89, Hypertension - 140/90 and above									
BLOOD GLUCOSE	<b>Baseline</b>	<b>Subsequent Values</b>							
	Date	_/_/	_/_/	_/_/	_/_/	_/_/	_/_/	_/_/	
	Plasma Glucose (mg/dl)								
	Fasting - Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	
	and/or Hgb A1c								
	<b>Fasting Plasma Glucose &amp;/or Hgb A1c</b> FPG ↓ 100 mg/dl or Hgb A1c ↓ 6.0 within normal limits FPG 100 - 125 mg/dl is indicative of prediabetes <i>Observe the patient for s/s of diabetes i.e.: wt gain (increase or decrease), polyuria or polydipsia.</i> FPG ↑ 126 mg/dl or Hgb A1c ↑ 6.1 indicates diabetic state								
LIPID PANEL	<b>Baseline</b>	<b>Subsequent Values</b>							
	Date	_/_/	_/_/	_/_/	_/_/	_/_/	_/_/	_/_/	
	Total Cholesterol (mg/dl)								
	LDL (mg/dl)								
	HDL (mg/dl)								
	Triglycerides (mg/dl)								
<b>Lipid Panel Monitoring</b> LDL ↓ 130 mg/dl, HDL ↑ 40 mg/dl &/or Triglycerides ↓ 150 mg/dl within normal limits LDL ↑ 130 mg/dl, HDL ↓ 40 mg/dl &/or Triglycerides ↑ 150 mg/dl at risk for hyperlipidemia									
Taking antipsychotic?	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	
Pregnant?	Y/N/U	Y/N/U	Y/N/U	Y/N/U	Y/N/U	Y/N/U	Y/N/U	Y/N/U	
Use Tobacco Products?	Y/N/U	Y/N/U	Y/N/U	Y/N/U	Y/N/U	Y/N/U	Y/N/U	Y/N/U	
Patient refused	Date ___/___/___			Requested order from outside provider			Date ___/___/___		
<b>Screeners Initials</b>									

**Pre-diabetes Screening and Monitoring Guidelines for Children and Adolescents**

Age Range	Under Age 10	10-17 Years	
<b>Over Weight</b>	> 90th Percentile in Weight unless puberty has occurred. If either is present follow 10-17 guidelines.	BMI is: <ul style="list-style-type: none"> <li>• 85th percentile for age &amp; gender</li> <li>• Or 85th percentile for height</li> <li>• Or Weight is &gt; 120% of ideal for height</li> </ul> AND Two risk factors	
<b>Other Risk Factors</b>		Two of the following: <ul style="list-style-type: none"> <li>• Family history of type 2 diabetes (1st/2nd degree)</li> <li>• Race ethnicity (Native American, African American, Hispanic American, Asian/South Pacific Islander)</li> <li>• Signs of insulin resistance (acanthosis nigricans, hypertension, dyslipidemia, polycystic ovary syndrome)</li> </ul>	
<b>Screening</b>		<b>Screening Tests</b>	<b>Requires additional testing if:</b>
		Fasting Plasma Glucose (FPG)	100-125 mg/dL (may indicate pre-diabetes)
		Fasting Plasma Glucose (FPG)	126 mg/dL (may indicate diabetes)
		Impaired Glucose tolerance (IGT)	2 hrs after 75g glucose, value is > 140-199 (pre-diabetes); > 200 diabetes)
<b>Frequency</b>		Every two years	
<b>Action</b>	Notify physician and dietician of need for consult.	<p style="text-align: center;"><b>Results Abnormal</b></p> <ol style="list-style-type: none"> <li>1. Repeat tests on subsequent day to diagnose</li> <li>2. Implement treatment plan including lifestyle modification</li> <li>3. Screen for Cardiovascular Disease Risk Factors:                             <ul style="list-style-type: none"> <li>• HDL &lt; 40 mg/dL</li> <li>• Fasting Triglycerides &gt; 150 mg/dL</li> <li>• Blood Pressure &gt; 130/85 mm/Hg</li> </ul> </li> </ol>	<p style="text-align: center;"><b>Results Normal</b></p> Screen as in 1-3
<b>Rationale</b>	Metabolic Syndrome cannot be diagnosed but further measurements should be made if there is a family history of metabolic syndrome, type 2 Diabetes, dyslipidemia, cardiovascular disease, hypertension and/or obesity.		