



WOTCH Community Mental Health Services
*is a non-profit community-based organization established
in 1970 to provide assistance to individuals living with
a mental illness.*

CLINICAL SERVICES

Diabetes Screening Program

The WOTCH Nursing team has been involved with a diabetes screening program since May 2005. We are aware that individuals who have a psychotic disorder and those being treated with a novel antipsychotic are at high-risk for developing diabetes and pre-diabetic conditions. The prevalence rate within this population is 3-4 times higher than the average population.

Early Detection

Our goal is early detection and reduction of disease markers through regular screening clinics. Staff identify high risk individuals and invite them to a screening clinic in an environment familiar to them. During nursing interventions, an individual's blood sugar might be tested identifying a high-risk individual. Early intervention often postpones/delays or eliminates the onset of complications.

Screening Process (London)

- Identified individuals are given a date to be screened and the GP is made aware of the recommendation
- Individuals are contacted the night before the screening to remind them of the NPO (nothing by mouth before test – no food or drink) status
- Individuals arrive and a capillary blood sample is taken and recorded
- Individuals are given a 75 gm OGTT (oral glucose tolerance test)
- There is a 2 hour wait period where individuals can receive foot care or watch a movie and the nursing team completes baseline assessments: weight, BP, BMI, waist circumference
- Two-hour PG (post glucose) is taken using capillary blood sample; individuals are given a post-test meal and the results are discussed

Follow-up Process

- Introductory form letter and the results of the OGTT are sent to the client's GP
- Individuals with pre-diabetes or diabetes will be given an appointment to attend the monthly WOTCH diabetes support programs and all documentation will be copied to the GP

WOTCH Community Mental Health Services

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04/09

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