



Children's National

111 Michigan Ave NW
Washington, DC 20010-2916
ChildrensNational.org

Referrals Guidelines for Type 2 Diabetes Clinic
(Revised June 2023)

Please continue to counsel patients with hemoglobin A1c on the lower side of the prediabetes range who do not meet criteria for referral. It is noticeable that many families make diet and lifestyle changes after concerns for HbA1c in prediabetes range are raised by their pediatricians, and their HbA1c is often normal by the time they come to see us. This is a testament to the effective interventions made at the pediatricians' offices.

New patients over 18 years will be seen in clinic only under extraordinary circumstances (see attached contact information for Dr Chung and Dr Lightbourne at the NIH and a list of other adult endocrinology providers)

Patients with HbA1c 5.7-6.0%

- Provide counseling for lifestyle changes. Refer to a nutritionist or the IDEAL program for weight management
- Repeat HbA1c in 2-3 months and refer to type 2 diabetes clinic if HbA1c is >6.0%
- Refer to type 2 diabetes clinic if the fasting glucose is >100 mg/dL or post-prandial >140 mg/dL

Patients with HbA1c >6.0%

- Refer to diabetes clinic.
- Provide counseling for lifestyle changes

Patients with blood glucose > 250 or HbA1c >9%

- Call the diabetes on-call physician at 202-476-5000 to review case and disposition
- Please do not fax urgent referrals

Please note the categories listed above are for scheduling purposes only.
The American Diabetes Association definitions for prediabetes and diabetes are attached.

Please call us if there are any questions or concerns, 202-476-2121.

Sincerely,
The Endocrinology and Diabetes Team at Children's National Hospital

01/24/22



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NIH providers: email provider and fax referral:

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Building 10-CRC, Room 1-3342. 10 Center Drive
Bethesda, MD 20892
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Fax: 301-480-5018

Other Providers:

District of Columbia	Maryland	Virginia
Washington Hospital Center 110 Irving Street NW Washington, DC 20010 202-877-2300	Maryland Endocrinology 10710 Charter Drive, Suite 410 Columbia, MD 21044 301-953-2080	Inova Medical Group 6355 Walker Lane, Suite 405 Alexandria, VA 22310 703-719-6715
George Washington University 2300 M Street NW, 9 th Floor Washington, DC 20037 202-741-3333	Greenway Endocrinology 7501 Greenway Center Drive Suite 730 Greenbelt, MD 20770 301-474-0400	The Endocrinology Group 1625 N George Mason Drive Suite 375 Arlington, VA 22205 703-717-4170
Howard University 2041 Georgia Avenue Washington, DC 20060 202-865-1141	Riverside Medical Associates 6510 Kenilworth Ave Suite 1200 Riverdale, MD 20737 301-927-7750	Northern Virginia Endocrine 3201 Jermantown Rd Suite 250 Fairfax, VA 22030 703-849-8440
Georgetown University 232 Building D 4000 Reservoir Rd NW 202-687-2818	Washington Endocrinology 806 West Diamond Ave Suite 310 Gaithersburg, MD 20878 301-977-0056	Sentara Endocrinology 1661 S Main Street Harrisonburg, VA 22801 540-689-4300
Washington Endocrine Clinic 2440 M St NW, Suite 417 Washington, DC 20037 202-570-5151	Adventist Medical Group 9715 Medical Center Drive Suite 414 Rockville, MD 20850 301-251-9503	West Virginia University Hospital 1 Med Center Drive Morgantown, WV 26505 304-598-4400



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Criteria for Diagnosis of Prediabetes and Diabetes
ADA Position Statement 2020

Test	Pre-Diabetes		Diabetes
	Impaired fasting glucose (IFG)	Impaired glucose tolerance (IGT)	
Fasting Glucose	100-126 mg/dl		≥126 mg/dl
2-hr OGTT		140-200 mg/dl	≥200 mg/dl
Random Glucose			>200 mg/dl plus symptoms
HbA _{1c}	5.7-6.4%		≥6.5%