



TABLE 2: ELEMENTS FOR RISK CALCULATION AND SUGGESTED RISK SCORE FOR PEOPLE WITH DIABETES MELLITUS (DM) THAT SEEK TO FAST DURING RAMADAN

Risk Element	Risk Score	Risk Element	Risk Score
1. Diabetes type and duration		8. MVD Complications/Comorbidities	
Type 1 diabetes	1	Unstable MVD	6.5
Type 2 diabetes	0	Stable MVD	2
2. Duration of Diabetes (years)		No MVD	0
A duration of ≥ 10	1	9. Renal Complications/Comorbidities	
A duration of < 10	0	eGFR < 30 mL/min	6.5
3. Presence of hypoglycaemia		eGFR 30–45 mL/min	4
Hypoglycaemia unawareness	6.5	eGFR 45–60 mL/min	2
Recent Severe hypoglycaemia	5.5	eGFR > 60 mL/min	0
Multiple weekly Hypoglycaemia	3.5	10. Pregnancy*	
Hypoglycaemia less than 1 time per week	1	Pregnant not within targets*	6.5
No hypoglycaemia	0	Pregnant within targets*	3.5
4. Level of glycaemic control		Not pregnant	0
HbA1c levels $> 9\%$ (11.7 mmol/L)	2	11. Frailty and Cognitive function	
HbA1c levels 7.5–9% (9.4–11.7 mmol/L)	1	Impaired cognitive function or Frail	6.5
HbA1c levels $< 7.5\%$ (9.4 mmol/L)	0	> 70 years old with no home support	3.5
5. Type of treatment		No frailty or loss in cognitive function	0
Multiple daily mixed insulin Injections	3	12. Physical Labour	
Basal Bolus/Insulin pump	2.5	Highly Intense physical labour	4
Once daily Mixed insulin	2	Moderate Intense Physical Labour	2
Basal Insulin	1.5	No physical labour	0
Glibenclamide	1	13. Previous Ramadan Experience	
Gliclazide/MR or Glimepride or Repeganide	0.5	Overall negative experience	1
Other therapy not including SU or Insulin	0	No negative or positive experience	0
6. Self-Monitoring of Blood Glucose (SMBG)		14. Fasting hours (location)	
Indicated but not conducted	2	≥ 16 hours	1
Indicated but conducted sub-optimally	1	< 16 hours	0
Conducted as indicated	0	7. Acute complications	
DKA/ HONC in the last 3 months	3	DKA/ HONC in the last 3 months	3
DKA/ HONC in the last 6 months	2	DKA/ HONC in the last 6 months	2
DKA/ HONC in the last 12 months	1	DKA/ HONC in the last 12 months	1
No DKA or HONC	0	No DKA or HONC	0

DKA — Diabetic Ketoacidosis
HONC — Hyperglycaemic Hyperosmolar Nonketotic Coma
eGFR — Estimated glomerular filtration rate
MVD — Macrovascular disease

*Pregnant and breastfeeding women have the right to not fast regardless of whether they have diabetes

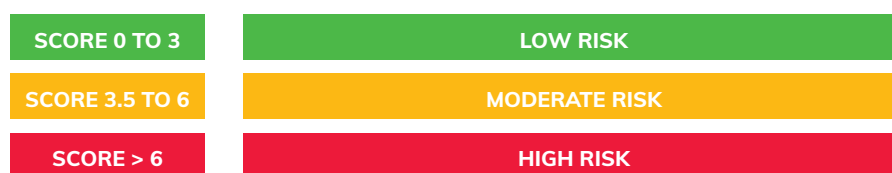


FIGURE 1
Risk score and risk categories