

**Validity Assessment of IDRS for Diabetes Mellitus**

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**ABSTRACT**

A cross sectional study was conducted in a tertiary health care centre of Central India to determine correlation between IDRS and fasting blood sugar to assess the validity of IDRS in diagnosing DM. In the diabetic group, high risk, medium risk and low risk were found to be 85(42.5%), 105(52.5%) and 10 (5%) respectively as per IDRS criteria, whereas 54(13.5%), 187(46.8%) and 159(39.8%) cases for the same categories were apparently healthy subjects. IDRS was correlated with FBS ; FBS level above 126 mg% (undiagnosed or hidden diabetics) was found among 12(3%) in high risk to medium risk individuals. FBS level between 100-126mg% (undiagnosed or hidden pre-diabetics) was 94(23.5%) in cumulative exposed apparently healthy subjects. Hence, undetected diabetics can be picked up by IDRS score as all twelve cases had high to medium scores. The study concludes that IDRS as developed by V Mohan et al, a simplified screening tool without involving any invasive procedure is valid tool. The IDRS is able to identify high risk apparently healthy subjects having hidden diabetes or pre-diabetes and are at risk of progression to diabetes.