

## **SAND abstract No. 119 from the BEACH program 2007–08**

### **Management of diabetes among general practice patients**

**Organisation supporting this study:** Sanofi-Aventis Australia Pty Ltd

**Issues:** The prevalence of Type 1 and Type 2 diabetes in patients attending general practice; frequency and type of referrals given in past year for patients with diabetes; proportion of patients taking insulin or other medications for diabetes management; type of insulin used.

**Sample:** 5,989 patients from 204 GPs; data collection period: 21/08/2007 – 24/09/2007 and 01/12/2007 – 21/01/2008.

**Method:** Detailed in the paper entitled 'SAND Method 2007–08' on this website: [www.fmrc.org.au/publications/SAND\\_abstracts.htm](http://www.fmrc.org.au/publications/SAND_abstracts.htm).

#### **Summary of results**

The age and sex distributions of respondents were similar to the distributions for all BEACH encounters. Of the 5,989 respondents, 561 (9.4%, 95% CI: 8.3–10.4) had either Type 1 or Type 2 diabetes. The majority of patients had Type 2 diabetes (8.5% of respondents, 95% CI: 7.4–9.5,  $n=506$ ), and 55 patients (0.9% of respondents, 95% CI: 0.6–1.3) had Type 1 diabetes.

The proportion of patients with Type 2 diabetes rose significantly with age of patient, to 17.7% of those aged 65–74 years. Males (10.6%, 95% CI: 9.1–12.0) were significantly more likely than females (6.8%, 95% CI: 5.7–7.9) to have Type 2 diabetes. Age and sex did not influence the prevalence of Type 1 diabetes.

Of the 55 patients with Type 1 diabetes, 47 responded to referral questions and 42 (89.4%) had received referrals in the previous year. Patients with Type 1 diabetes were most often referred to ophthalmologists (63.8% of patients,  $n=30$ ), endocrinologists (59.6%,  $n=28$ ) and diabetes nurses (38.3%,  $n=18$ ). Of 481 respondents with Type 2 diabetes, at least one referral had been given to 86.9% of patients in the previous year ( $n=418$ ). The majority of referrals were to ophthalmologists (63.0% of patients), followed by podiatrists (35.1%), diabetes nurses (34.9%), dietitians (34.1%) and endocrinologists (23.1%).

Of the 47 patients with Type 1 diabetes who responded to medication use questions, insulin use was reported by 59.6% ( $n=28$ ). Of these, 25 patients (53.2%) were using basal insulin, 5 (10.6%) used intermediate-acting insulin and 15 (31.9%) used fast-acting insulin. Twenty patients (42.6%) were taking 27 diabetes medications other than insulin. Of these medications, metformin was taken by 11 patients (40.7%), gliclazide by 8 (29.6%) and glimepiride by 2 (7.4%).

For patients with Type 2 diabetes, 488 responded to medication use questions, and 70 (14.3%) were using insulin. Basal insulin was used by 49 patients (10.0%), intermediate-acting insulin by 17 (3.5%) and 16 used fast-acting insulin (3.3%). Medications other than insulin were taken by 341 patients (69.9%). Of these, more than half were taking metformin (53.3%) and 145 gliclazide (29.1%).

*Correspondence to: Julie O'Halloran, AGPSCC*

# PLEASE READ CAREFULLY

The shaded section of the following forms asks questions about **DIABETES**.  
 You may tear out this page as a guide to completing the following section of forms.

## INSTRUCTIONS

Ask **ALL** of the **next 30 PATIENTS** the following questions in the order in which the patients are seen.

Please **DO NOT** select patients to suit the topic being investigated.

### Diabetes

Please use the tick boxes to indicate whether this patient has either **Type 1** or **Type 2 diabetes**.

If the patient has **neither** Type 1 or Type 2 diabetes you should **end the questions here** for this patient.

### Referrals to other clinicians

Please use the tick boxes to advise whether the patient has been **referred** in the past 12 months to any of the listed **specialists** or **allied health workers**. For a referral to a specialist or allied health worker not listed, please tick the box labelled **'other'** and **specify** in the space provided.

Please tick as many as apply.

If **no referrals** were made to a specialist or allied health worker, please tick the box labelled **'none of the above'**.

### Diabetes medication

If the patient has **either Type 1 or Type 2 diabetes**, please use the tick boxes to indicate the **insulin being used by the patient** (if insulin is being used for diabetes management).

If the patient is **not** taking insulin, please tick the box labelled **'No insulin'**.

In the second section, please write the **name and regimen of other medications** currently being taken by the patient to **manage their diabetes**.

If the patient's diabetes is managed with **diet and exercise only**, i.e. they are taking **no** medication, please tick the box labelled **'No medication - diet / exercise controlled'**.

### Initiation of insulin

If the patient is currently taking **insulin** for diabetes management, please advise whether the insulin was **initiated by** yourself or another **GP only**, by a **GP in consultation** with an **endocrinologist**, or by an **endocrinologist only**.

#### Does this patient have:

- Diabetes Type 1
- Diabetes Type 2
- Neither → **End questions**

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#### In past year was a referral made to -

- Diabetes nurse educator
- Practice nurse (please tick all that apply)
- Endocrinologist
- Ophthalmologist
- Dietitian
- Podiatrist
- Other \_\_\_\_\_
- None of the above

#### Basal insulin

- glargine (Lantus)
- detemir (Levemir)
- isophane (NPH)  
(eg. Humulin, Hypurin, Mixtard, Protaphane)

#### If either type of Diabetes what medication is the patient taking?

##### Intermediate acting insulin

- aspart protamine suspension.
- lispro protamine suspension.
- neutral-isophane (NPH)

##### Fast acting insulin

- aspart
- lispro
- neutral
- NO insulin**

##### Oral/other diabetes medication is-

Name & form    strength    dose    frequency

- \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
- No med'n - diet / exercise controlled**

#### If taking insulin, was the insulin initiated by -

- GP only
- GP in consultation with endocrinologist
- Endocrinologist only