

SAND abstract No. 153 from the BEACH program 2009–10

Subject: Diabetes management and insulin initiation

Organisation supporting this study: Sanofi-Aventis Australia Pty Ltd

Issues: Prevalence of diagnosed Type 1 and Type 2 diabetes in general practice patients; for these patients, time since diagnosis, most recent HbA1c result and time since last test; proportion currently taking a medication for management of blood glucose levels; proportion currently taking a mono, dual triple or quadruple medication therapy for management of blood glucose levels; proportion currently using insulin (alone or in combination with oral medication); for patients using insulin: HbA1c level before initiation of insulin, the number of years insulin used, and who initiated the insulin.

Sample: 3,087 respondents from 105 GPs; data collection period: 18/08/2009 – 21/09/2009.

Method: Detailed in the paper entitled *SAND method 2009–10* at:
<www.fmrc.org.au/publications/SAND_abstracts.htm>.

Summary of results

The age–sex distribution of respondents did not differ from the distribution for all BEACH encounters, with 41.1% of patients being male, and 28.6% of patients aged 45–64 years.

Of 3,087 respondents, 258 (8.4%) had diagnosed diabetes. Of these, 31 (1.0%) had Type 1, and 227 (7.4%) Type 2 diabetes. Prevalence of diabetes rose significantly with age. For the 3,065 patients for whom age was known, prevalence was 3.0% for those aged 25–44 years, 9.8% for those aged 45–64 years, 15.9% for those aged 65–74 years, and 17.4% for those aged 75 years and over. Prevalence of diabetes did not differ significantly between male and female patients for the 3,062 patients for whom sex was known.

Of 250 respondents with diabetes, the majority (40.0%) had been diagnosed 5–10 years earlier. Of the 31 patients with Type 1 diabetes, one-third (32.3%) had been diagnosed more than 20 years earlier. Of 219 respondents with Type 2 diabetes, 33.3% had been diagnosed less than 5 years earlier and 42.5% had been diagnosed 5–10 years earlier.

Of 232 diabetes patients with known HbA1c, 53.0% had levels less than 7%. About one-quarter of Type 1 diabetes patients (27.6%) and 56.7% of Type 2 diabetes patients had a level of less than 7%. Of 233 patients, 50.2% had been tested in the previous 3 months.

Of 250 respondents with diabetes, 193 (77.2%) were currently taking at least one blood glucose medication. The majority of the 250 respondents ($n=135$; 54.0%) were taking only oral medication, 30 patients (12.0%) were taking insulin only, 28 (11.2%) were taking a combination of oral medication and insulin. Almost two-thirds of the 193 patients ($n=119$; 61.7%) were on mono therapy, 62 (32.1%) were on dual therapy, 11 (5.7%) were on triple therapy, and one patient was on quadruple therapy.

Of 58 diabetes patients taking insulin, HbA1c level before insulin use was known for 29. Of these, 24 (82.8%) had levels >8% and 5 patients (17.2%) had levels 7–8%. For 57 patients for whom duration was known, 29.8% had been on insulin for more than 10 years.

Of 56 patients taking insulin, almost half (44.6%) had had their insulin initiated by an endocrinologist only, 19 (33.9%) had their insulin initiated by a GP only, and 12 (21.4%) had their insulin initiated by a GP in consultation with an endocrinologist.

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PLEASE READ CAREFULLY

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

INSTRUCTIONS

Please answer the following questions for **ALL** of the **next 30 PATIENTS** 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 advise whether this patient has been diagnosed with **Type 1 or Type 2 diabetes mellitus**.

If the patient **does not have** diabetes please **end the questions here for this patient**.

HbA1c level

Please advise the patient's HbA1c **levels** at the **most recent testing**. If you **do not know** the most recent HbA1c result, please tick the box labelled '**don't know**'.

Please use tick boxes to advise **how long ago** the **last HbA1c** test was ordered.

Glucose-lowering medication

Please write the **name** and **form** of the **current medication(s)** taken by the patient for management of **blood glucose levels**. Please include both **oral medications and insulin**.

Please indicate the regimen (i.e. **strength, dose and frequency**) of the medication(s).

If the patient is **not currently taking a medication** for blood glucose management please tick the box labelled '**no glucose-lowering medication**' and **end the questions here for this patient**.

For patients currently taking insulin

HbA1c prior to initiation of insulin

Please use the tick boxes to indicate the patient's HbA1c level immediately prior to initiation of insulin.

Duration of insulin therapy

Please use the tick boxes to advise how many years this patient has been using insulin.

Initiation of insulin therapy

Please use the tick boxes to indicate who made the decision to initiate insulin therapy for this patient.

Duration of diabetes

Please use the tick boxes to advise how many **years since** this patient was **diagnosed with diabetes**.

<p>Does this patient have diabetes?</p> <p><input type="checkbox"/> Yes - Type 1 <input type="checkbox"/> Yes - Type 2 <input type="checkbox"/> No → End questions</p> <p>BL115C</p>	<p>How long ago was diabetes diagnosed?</p> <p><input type="checkbox"/> < 5 years <input type="checkbox"/> 5-10 years <input type="checkbox"/> 11-15 years <input type="checkbox"/> 16-20 years <input type="checkbox"/> >20 years</p>	<p>What was the most recent HbA1c result?</p> <p>_____ % <input type="checkbox"/> Don't know</p> <p>Time since last HbA1c:</p> <p><input type="checkbox"/> <3 mths <input type="checkbox"/> >6 mths <input type="checkbox"/> 3-6 mths</p>	<p>Current med(s) for BLOOD GLUCOSE levels: <small>(include both insulins and oral meds)</small></p> <table border="1"> <thead> <tr> <th>Name & Form</th> <th>Strength</th> <th>Dose</th> <th>Frequency</th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> </tbody> </table> <p><input type="checkbox"/> No glucose-lowering medication → End questions</p>	Name & Form	Strength	Dose	Frequency																	<p>For patients using INSULIN:</p> <p>What was the HbA1c level prior to initiation of insulin?</p> <p><input type="checkbox"/> < 7% <input type="checkbox"/> >9-10% <input type="checkbox"/> 7-8% <input type="checkbox"/> >10% <input type="checkbox"/> >8-9% <input type="checkbox"/> Don't know</p>	<p>How long ago was insulin started?</p> <p><input type="checkbox"/> < 1 year <input type="checkbox"/> 1-3 years <input type="checkbox"/> 4-6 years <input type="checkbox"/> 7-10 years <input type="checkbox"/> >10 years <input type="checkbox"/> Don't know</p>	<p>Who initiated insulin for this patient?</p> <p><input type="checkbox"/> GP only <input type="checkbox"/> GP in consultation with endocrinologist <input type="checkbox"/> Endocrinologist only</p>
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