

SAND abstract No. 164 from the BEACH program 2010–11

Subject: Type 2 diabetes, weight gain and blood glucose management

Organisation supporting this study: AstraZeneca Pty Ltd (Australia)

Issues: Prevalence of diagnosed Type 2 diabetes in patients attending general practice. For patients with Type 2 diabetes: number of visits to a GP in previous year and number of these where diabetes managed; number who have gained weight in previous 12 months; factors contributing to weight gain, if medication a factor which medications patients taking; types of medication used for management of blood glucose; proportion taking mono, dual, triple or quadruple medication therapy for blood glucose; reasons for use of fixed dose combination products; reasons for not using these.

Sample: 2,579 patients from 90 GPs; data collection period: 30/03/2010 – 03/05/2010

Method: Detailed in the paper entitled *SAND method 2010–11* at:
<<http://sydney.edu.au/medicine/fmrc/publications/sand-abstracts>>.

Summary of results

The age and sex distribution of the 2,579 respondents did not significantly differ from that of patients at all BEACH encounters in 2008–09, 43.9% being male and 35.9% 65 years or more.

The prevalence of Type 2 diabetes (T2DM) in this sample was estimated as 11.3% (95% CI: 9.6–13.1) ($n = 292$). There was no significant difference in prevalence among males and females. Prevalence was highest among 65–74 year olds at 21.7%. After adjustment for attendance rates by age-sex of patient, we estimated prevalence among the general practice attending population as 7.2% (95% CI: 5.8–8.6).

Data were available on GP visits in the previous 12 months for 278 of the 292 patients with T2DM: 17% had visited less than five times, 21% 5–7 times, 21% 8–10 times, 20% 11–15 times and 22% more than 15 times. Number of visits in the previous 12 months at which diabetes was managed was available for 273 respondents: 8% had 0–1 visits, 52% 2–4, 22% 5–7 and 18% had 8 or more visits.

Of 273 respondents to the weight gain question, 79 (28.9%) had gained weight in the previous 12 months, lifestyle contributing to 68 (86.8%), medications to 17 (21.5%), and other factors contributing to 10 (12.7%) (multiple response allowed). Medication details were given for 16 of the 17 patients for whom medications contributed: 9 were on insulin, 4 were on metformin, and 2 were on a gliclazide. Three other drugs were listed for 3 individuals.

Data were available on pharmacological blood glucose management for 276 of the 292 patients with T2DM: 233 (84.4%) were taking medication for blood glucose management. Therapy could be mono, dual or triple, half (51.9%) were on mono-therapy, 36.1% were on dual and 12.0% were on triple therapy. Six patients were taking a fixed dose combination. Reasons given (multiple response allowed) for the choice of fixed dose combinations centred on convenience ($n = 5$), cost ($n = 3$) and compliance ($n = 2$).

Reasons for not choosing a fixed dose combination were given for 150 of the 227 patients not taking a fixed dose combination product. The GP chose: 'patient has good control' for 95 (63.3%); 'an appropriate drug combination does not exist' for 28 (18.7%); 'an appropriate dose combination does not exist' for 10 (6.7%); and 'other' for 23 (15.3%) patients.

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PLEASE READ CAREFULLY

The shaded section of the following forms asks questions about **TYPE 2 DIABETES**.
 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.

Type 2 diabetes
 Please advise whether this patient has been diagnosed with **Type 2 diabetes**.
 If the patient **does not have** Type 2 diabetes please **end the questions here for this patient**.

GP visits for diabetes management
 Please advise the approximate **number of occasions** when **diabetes was managed** during the **past 12 months**.

Glucose-lowering medication
 Please write the **name and form** of the **current medication(s)** taken by the patient for **management of their 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**'.

Number of visits to the GP
 Please use the tick boxes to advise the approximate **number of times** the patient has **consulted a GP for ANY reason** (including diabetes management), during the **past 12 months**. **Do not include today's visit** in this estimation.

Weight gain
 Please ask the patient whether they have **gained weight** during the **past 12 months**.
Factors contributing to weight gain
 If 'yes' please indicate in **your clinical opinion** what **factors contributed** to the patient's **weight gain**. Tick all that apply.
 If you believe medication use was a factor please specify the name of medication(s) in the space provided.

Fixed dose combination products for blood glucose management
Combination currently used: If the patient is currently taking a fixed dose combination product for blood glucose control please use the tick boxes to **indicate the reason(s)** that it was **initiated**.
Combination NOT currently used: If the patient is not taking a fixed dose combination product for blood glucose control please use the tick boxes to **indicate the reasons** for this.

<p>Does this patient have Type 2 diabetes?</p> <input type="checkbox"/> Yes <input type="checkbox"/> No → End questions	<p>How many times has the patient visited a GP for any reason in the past 12 months (apart from today)?</p> <input type="checkbox"/> None <input type="checkbox"/> 2-4 times <input type="checkbox"/> 5-7 times <input type="checkbox"/> 8-10 <input type="checkbox"/> 11-15 <input type="checkbox"/> > 15	<p>At how many visits was their diabetes managed?</p> <input type="checkbox"/> None only <input type="checkbox"/> Once only <input type="checkbox"/> 2-4 only <input type="checkbox"/> 5-7 only <input type="checkbox"/> >7	<p>In the past 12 mths has this patient gained weight?</p> <input type="checkbox"/> Yes <input type="checkbox"/> No	<p>If 'yes' in your clinical opinion what factors contributed to this weight gain?</p> <input type="checkbox"/> Lifestyle (<i>diet, exercise related</i>) <input type="checkbox"/> Medication(s) currently taken: <i>(please specify)</i> _____ <input type="checkbox"/> Other: _____	<p>Current med(s) for BLOOD GLUCOSE manag't:</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> <input type="checkbox"/> No glucose-lowering medication	Name & Form	Strength	Dose	Frequency																	<p>Combination product use (from previous Q):</p> <table border="1"> <thead> <tr> <th>If used, the reason(s) for initiation was:</th> <th>If not used, the reason(s) are:</th> </tr> </thead> <tbody> <tr> <td><input type="checkbox"/> Convenience</td> <td><input type="checkbox"/> Pt has good control</td> </tr> <tr> <td><input type="checkbox"/> Cost to patient</td> <td><input type="checkbox"/> Appropriate drug combo does not exist</td> </tr> <tr> <td><input type="checkbox"/> Compliance</td> <td><input type="checkbox"/> Appropriate dosage combo does not exist</td> </tr> <tr> <td><input type="checkbox"/> Other</td> <td><input type="checkbox"/> Other</td> </tr> </tbody> </table>	If used, the reason(s) for initiation was:	If not used, the reason(s) are:	<input type="checkbox"/> Convenience	<input type="checkbox"/> Pt has good control	<input type="checkbox"/> Cost to patient	<input type="checkbox"/> Appropriate drug combo does not exist	<input type="checkbox"/> Compliance	<input type="checkbox"/> Appropriate dosage combo does not exist	<input type="checkbox"/> Other	<input type="checkbox"/> Other
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