

SAND abstract No. 172 from the BEACH program 2010–11

Subject: Diabetes management in general practice patients

Organisation supporting this study: Sanofi-Aventis Australia Pty Ltd

Issues: Prevalence of Type 1 (T1D) and Type 2 diabetes (T2D) among general practice patients. For patients with diabetes: the most recent HbA1c and when measured; proportion with a self blood glucose monitoring (SBGM) machine; type of machine used; which health professional advised purchase and who educated the patient regarding use; proportion of patients with diabetes on medication for management of blood glucose; type of medication; dose; and frequency of combined therapy.

Sample: 2,839 patients from 72 GPs; data collection period: 21/09/2010 – 25/10/2010.

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

Summary of results

The age distribution of patients differed from the distribution for patients at all BEACH encounters 2009–10, with a greater proportion of patients aged 25–44 years. The sex distribution did not differ from that of patients at all BEACH encounters, with the majority (59.5%) of patients being female.

Among the 2,839 respondents, 214 had diagnosed diabetes, prevalence being 7.5% (95% CI: 6.4–8.7). Prevalence of T1D was 1.0% (95% CI: 0.5–1.4) and of T2D was 6.6% (95% CI: 5.4–7.7). There was no significant difference in prevalence between the sexes. Prevalence increased significantly with age to 18.6% of patients aged 65–74 years and 19.1% in patients aged 75 or more.

Information on most recent HbA1c was known for 189 diabetes patients, and of these, 47.1% had HbA1c of less than 7%. Among 188 patients who knew the time since last testing, 46.3% had been tested less than three months ago, 38.3% 3–6 months ago and 15.4% more than six months ago.

Of 211 respondents with diabetes, 180 (85.3%) had a self blood glucose monitoring (SBGM) machine. Of 179 of those, 30.7% used it 2–3 times daily, and 24.6% used it once daily. Among 176 respondents with a SBGM machine, the machine was recommended by a GP for 40.3% of patients, by a diabetes educator for 35.2% and by an endocrinologist for 10.8% of patients. Education about the machine was provided by a diabetes educator for 59.1% of patients, and by a GP for 19.9% of patients.

Medication was reported for 212 respondents with diabetes, 180 (84.9%) were currently taking medication for the management of blood glucose and 32 patients (15.1%) were not. There were 128 (60.4%) patients currently taking only oral medication for the management of their blood glucose, 27 patients (12.7%) were taking only insulin and 25 (11.8%) were taking insulin and an oral medication. Of the 180 patients currently taking blood glucose management medications, 127 (70.6%) were taking metformin at a median prescribed daily dose (PDD) of 1500 mg; and 50 (27.8%) were taking gliclazide at a median PDD of 60 mg. Of these 180 patients on blood glucose medications 103 (57.2%) were taking mono therapy, 59 (32.8%) dual therapy, and 18 (10.0%) triple therapy.

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PLEASE READ CAREFULLY

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

HbA1c level

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

Please advise **how long ago** the last **HbA1c** test was ordered.

Frequency of self glucose monitoring

Please use the tick boxes to indicate how often the patient currently uses SBGM to **self-monitor blood glucose**.

Use patient recall, your notes or knowledge to answer this question.

Self glucose monitoring education

Please indicate who **taught** the patient about using **SBGM**.

If the patient was self-taught please tick other and write 'self-taught' in the space provided.

Use patient recall, your notes or knowledge to answer this question.

Diabetes

Please advise whether this patient has been diagnosed with either **Type 1 or Type 2 diabetes**.

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

Self blood glucose monitoring

Please advise whether the patient has a **self blood glucose monitoring (SBGM)** machine.

If '**yes**' please specify **which machine is used**. If the type of machine is **unknown** please tick the box labelled '**Don't know**'.

Self glucose monitoring device

Please indicate who **advised** the patient to purchase the **SBGM machine**.

Use patient recall, your notes or knowledge to answer this question.

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**'.

<p>Does this patient have diabetes?</p> <p><input type="checkbox"/> Yes - Type 1</p> <p><input type="checkbox"/> Yes - Type 2</p> <p><input type="checkbox"/> No → End questions</p>	<p>What was the most recent HbA1c result?</p> <p>_____ % <input type="checkbox"/> Don't know</p> <p>How many months since last HbA1c?</p> <p>_____ mths <input type="checkbox"/> Don't know</p>	<p>Does the patient have a self blood glucose monitoring (SBGM) machine?</p> <p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> <p>SBGM machine used is: _____</p> <p><small>(please specify)</small></p> <p><input type="checkbox"/> Don't know</p>	<p>How frequently is SBGM currently used?</p> <p><input type="checkbox"/> 4+ times daily</p> <p><input type="checkbox"/> 2-3 daily</p> <p><input type="checkbox"/> 1 daily</p> <p><input type="checkbox"/> 1-6 times/week</p> <p><input type="checkbox"/> <1 per week</p>	<p>Who recommended the SBGM machine to the patient?</p> <p><input type="checkbox"/> GP</p> <p><input type="checkbox"/> Endocrinologist</p> <p><input type="checkbox"/> Diabetes educator</p> <p><input type="checkbox"/> Pharmacist</p> <p><input type="checkbox"/> Other: _____</p>	<p>Who educated the patient about using SBGM?</p> <p><input type="checkbox"/> GP</p> <p><input type="checkbox"/> Endocrinologist</p> <p><input type="checkbox"/> Diabetes educator</p> <p><input type="checkbox"/> Pharmacist</p> <p><input type="checkbox"/> Other: _____</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> <tr><td> </td><td> </td><td> </td><td> </td></tr> </tbody> </table> <p><input type="checkbox"/> No glucose-lowering medication</p>	Name & Form	Strength	Dose	Frequency																				
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