IMPLEMENTATION OF GUIDELINES IN A LARGE OUTPATIENT DIABETIC CLINIC

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INTRODUCTION

It is well known that intensified multifactorial intervention reduces cardiovascular complications in patients with diabetes. The aim of the study is to determine whether the guidelines on glycemic control and cardiovascular risk factors are being followed in everyday clinical practice and to describe the lifestyle habits and the wellbeing of patients with Type1 or Type2 diabetes.

PATIENTS AND METHODS

A total of 1015 patients with T1DM or T2DM, consecutively followed in the Outpatient Diabetes Clinic were studied. Clinical and laboratory parameters and living habits were evaluated. Wellbeing was assessed by a scale from 1 to 10.

RESULTS

<table>
<thead>
<tr>
<th>Parameters</th>
<th>Targets</th>
<th>Type1 (n:127 12.8%)</th>
<th>Type2 (n:888 87.2%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>HDL mg/dl</td>
<td>&gt;40</td>
<td>50.5 90</td>
<td>43.0 64.6</td>
</tr>
<tr>
<td>LDL mg/dl</td>
<td>&lt;70</td>
<td>88 33.3</td>
<td>83 24</td>
</tr>
<tr>
<td>LDL mg/dl  (without CD)</td>
<td>&lt;100</td>
<td>104 47.6</td>
<td>95 58.1</td>
</tr>
<tr>
<td>Tg mg %</td>
<td>&lt;150</td>
<td>80.5 92</td>
<td>113 70.7</td>
</tr>
<tr>
<td>eGFR ml/min</td>
<td>&gt;90</td>
<td>110.5 69.8</td>
<td>81.6 60.1</td>
</tr>
</tbody>
</table>

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</tr>
</thead>
<tbody>
<tr>
<td>HbA1c</td>
<td>&lt;7%</td>
<td>7.87 31</td>
<td>6.99 52.5</td>
</tr>
<tr>
<td>Systolic BP</td>
<td>&lt;140 mmHg</td>
<td>120 98.4</td>
<td>120 95.7</td>
</tr>
<tr>
<td>Diastolic BP</td>
<td>&lt;80 mmHg</td>
<td>65.0 100</td>
<td>70 98.1</td>
</tr>
<tr>
<td>BMI kg/m²</td>
<td>&lt;25</td>
<td>25.9 41.3</td>
<td>28.7 18.6</td>
</tr>
<tr>
<td>Waist in cm (men)</td>
<td>&lt;102</td>
<td>96.5 69.7</td>
<td>102.0 50.5</td>
</tr>
<tr>
<td>Waist in cm (women)</td>
<td>&lt;88</td>
<td>88.0 56</td>
<td>100 15.6</td>
</tr>
</tbody>
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</tr>
</thead>
<tbody>
<tr>
<td>Exercise (150 min/week)</td>
<td>yes</td>
<td>56.6 56.2</td>
<td>56.2 56.2</td>
</tr>
<tr>
<td>Vaccinations</td>
<td>yes</td>
<td>59.1 62.9</td>
<td>62.9 62.9</td>
</tr>
<tr>
<td>Wellbeing</td>
<td>&gt;6</td>
<td>6.74 89.8</td>
<td>6.91 90</td>
</tr>
<tr>
<td>Smoking</td>
<td>no</td>
<td>73.2 83.9</td>
<td>83.9 83.9</td>
</tr>
</tbody>
</table>

CONCLUSIONS

Our study suggests that most of diabetic patients achieve the glycemic, risk factors and lifestyle targets, but there is still considerable potential for improvement of the implementation of guidelines.