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

	Diabetes Mellitus Type 1	Diabetes Mellitus Type 2
1015 patients	12.6 (%)	87.4 (%)
Sex (Men/Women)	58.4/41.6 (%)	52.8/47.2 (%)
Mean Age	47.5±1.4 years	67.5±0.3 years
Mean Duration of Diabetes	23.6±1.1 years	15.9±0.3 years

PARAMETERS	TARGETS	TYPE1 (n:127, 12.8%) Median	TYPE1 % patients on target	TYPE2 (n:888 87.2%) Median	TYPE2 % patients on target
HDL mg% ♂	>40	50.5	90	43.0	64.6
HDL mg% ♀	>50	63.0	70.2	50.0	51.3
LDL mg% (with CD)	<70	88	33.3	83	24
LDL mg% (without CD)	<100	104	47.6	95	58.1
Tg mg %	<150	80.5	92	113	70.7
EGFR ml/min	>90	110.5	69.8	81.8	60.1

PARAMETERS	TARGETS	TYPE1 (n:127 12.8%) Median	TYPE1 % patients on target	TYPE2 (n:888 87.2%) Median	TYPE2 % patients on target
HbA1c	<7%	7.57	31	6.99	52.5
Systolic BP	<140mmHg	120	98.4	120	95.7
Diastolic BP	<80mmHg	65.0	100	70	98.1
BMI kg/m^2	<25	25.9	41.3	28.7	18.6
Waist in cm (men)	<102	96.5	69.7	102.0	50.5
Waist in cm (women)	<88	86.0	56	100	15.6

PARAMETERS	TARGETS	TYPE1 (n:127 12.8%) Median	TYPE1 % patients on target	TYPE2 (n:888 87.2%) Median	TYPE2 % patients on target
Exercise (150 min/week)	yes		58.6		56.2
Vaccinations	yes		59.1		62.5
Wellbeing	>5	6.74	89.8	6.91	90
Smoking	no		73.2		83.9

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

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