

SAND abstract No. 108 from the BEACH program 2006–07

Subject: Type 2 diabetes among patients attending general practice

Organisation supporting this study: Pfizer (Australia) Pty Ltd

Issues: The prevalence of type 2 diabetes in patients attending general practice; time since diagnosis of type 2 diabetes; current management; prevalence of sequelae of type 2 diabetes; HbA1c level of patients.

Sample: 2,832 respondents from 96 GPs; data collection period: 16/01/2007–19/02/2007.

Method: Detailed in the paper entitled 'SAND Method 2006–07' on this website: http://www.fmrc.org.au/publications/SAND_abstracts.htm.

Summary of results

The age–sex distribution of the respondents was similar to the distribution for all BEACH encounters, with the majority of patients (60.1%) being female.

Of the 2,832 respondents, 212 (7.5%; CI: 6.1–8.9) had diagnosed type 2 diabetes. There was no significant difference in the sex-specific rates with 8.9% of male and 6.6% of female having diabetes. Prevalence was highest among patients aged 65–74 years at 16.9% (95% CI: 13.2–20.6). For 180 respondents from the 212 patients with type 2 diabetes, the median time since diagnosis was 6 years.

Diabetes management information was available for 209 patients. Management included diet and exercise for 64.1% of patients, metformin for 54.6% of patients, sulfonylurea for 30.6% and insulin for 20.6%. Glitazone and acarbose were each part of the management for 6.2% of patients. All patients were using at least one management type. Of 209 respondents, 55 (26.3%) were taking no medication and using diet and exercise only, 39.7% were taking one therapy, 27.3% were taking two and 6.7% were taking three therapies.

Sequelae information was available for 188 patients. Twenty-two percent of respondents had no sequelae resulting from diabetes. Hypertension was a sequela of type 2 diabetes for 65.4% of respondents, other cardiovascular disease was a sequela for 28.2%, renal disease for 13.8%, and eye complications a sequela for 8.0%. Neuropathy, foot complications and skin complications each affected 10.6% of diabetes patients. Gastroparesis was a sequela for 8 patients (4.3%), depression for 2 patients (1.1%) and other sequelae of diabetes were recorded for 7 patients (3.7%).

HbA1c test levels were recorded for 209 patients. There were 8.2% of patients who did not know their level or had never been tested. Two-fifths of patients (38.9%) had a level $\geq 6\%$ to $\leq 7\%$, and 89 patients (42.6%) had a level $>7\%$. For the 89 patients with a HbA1c level $>7\%$, 69 specified the duration their HbA1c level had been $>7\%$, median duration was 10 months. Of the patients with a level HbA1c $>7\%$ and who were not using insulin, 56 gave reason(s) for not using insulin. Three-quarters (75.0%) responded that insulin was 'not yet necessary', for 7.1% the reason was 'needle phobia' and for 12.5% it was 'other patient resistance'.

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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

Ask **ALL** of the next **30 PATIENTS** the following questions in the order in which the patients are seen.
 Please **DO NOT** select patients to suit the topic being investigated.

Diabetes

Has this patient been diagnosed with **Type 2 diabetes**.
 If **No** you should **end the questions** here.

Diabetes management

Please use the tick boxes to advise how the patient is managing their type 2 diabetes.

Beside each medication ticked, please **write** the approximate **length of time** the medication has **been taken** by the patient, and **circle an option** to indicate whether the number written refers to **weeks, months or years**.

HbA1c level

Please write in the space provided, the patient's **HbA1c level** from the **most recent test**.

If you **do not know**, or the patient has **never been tested**, please tick the box labelled '**don't know/never tested**'.

NB. If the patient's HbA1c is $\leq 7.0\%$ you should **end the questions here**.

Time since diabetes diagnosis

Please advise the approximate length of **time since** the patient's diabetes was **initially diagnosed**. Please **write a number** on the line and **circle an option** to advise whether months or years.

e.g. 6 mths / **yrs**

Sequelae of diabetes

Please use the tick boxes to advise whether the patient has any of the listed **sequelae** of diabetes.

For patients with HbA1c >7.0%

If the patient's HbA1c level was **>7.0%** at the most recent test, please use the tick boxes to advise the approximate length of **time since the last test**.

Please advise (approximately) **how long** the patient's HbA1c level has been at **>7.0%**.

If the patient is **not on insulin**, please advise the **main reason for not using insulin** for diabetes management e.g. the patient fears needles; is resistant for other reasons; in your clinical opinion it is not yet necessary, or for another reason. Please **advise** this reason in the space labelled 'other'.

<p>Does this patient have Type 2 Diabetes?</p> <p><input type="checkbox"/> Yes →</p> <p><input type="checkbox"/> No ↘</p> <p>End questions</p>	<p>Approx. time since initial diagnosis</p> <p>_____ mths / yrs</p> <p>(please circle)</p>	<p>If 'Yes', the diabetes is currently managed with:</p> <p>(please tick all that apply)</p> <p>BL89C</p>	<p>Management</p> <p><input type="checkbox"/> Diet and exercise</p> <p><input type="checkbox"/> Metformin</p> <p><input type="checkbox"/> Sulfonylurea</p> <p><input type="checkbox"/> Glitizone</p> <p><input type="checkbox"/> Acarbose</p> <p><input type="checkbox"/> Insulin</p> <p><input type="checkbox"/> Other _____</p> <p><input type="checkbox"/> None of the above</p>	<p>Duration of use</p> <p>_____ wks/mths/yrs</p> <p>_____ wks/mths/yrs</p> <p>_____ wks/mths/yrs</p> <p>_____ wks/mths/yrs</p> <p>_____ wks/mths/yrs</p> <p>_____ wks/mths/yrs</p> <p>(please circle)</p>	<p>Does the patient have any of the listed sequelae of diabetes? (please tick all that apply)</p> <p><input type="checkbox"/> Hypertension</p> <p><input type="checkbox"/> Other CVD</p> <p><input type="checkbox"/> Renal disease</p> <p><input type="checkbox"/> Eye complications</p> <p><input type="checkbox"/> Neuropathy / nerve damage</p>	<p><input type="checkbox"/> Foot complications</p> <p><input type="checkbox"/> Skin complications</p> <p><input type="checkbox"/> Gastroparesis</p> <p><input type="checkbox"/> Depression</p> <p><input type="checkbox"/> Other _____</p> <p><input type="checkbox"/> None of the above</p>	<p>What was the patient's HbA1c level at the most recent test?</p> <p>_____ %</p> <p><input type="checkbox"/> Don't know/never tested</p>	<p>For patients with HbA1c level >7.0% -</p> <p>How long since the most recent HbA1c test?</p> <p><input type="checkbox"/> < 6 mths</p> <p><input type="checkbox"/> 6 - 12 mths</p> <p><input type="checkbox"/> > 12 mths</p>	<p>HbA1c has been >7.0% for approx.</p> <p>_____ wks / mths</p> <p>(please circle)</p>	<p>If the patient is not on insulin, why not?</p> <p><input type="checkbox"/> 'Needle phobia'</p> <p><input type="checkbox"/> Other patient resistance</p> <p><input type="checkbox"/> Not yet necessary</p> <p><input type="checkbox"/> Other (please specify)</p> <p>_____</p>
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