

SAND abstract No. 130 from the BEACH program 2008–09

Subject: Diabetes Type 2 and dyslipidaemia in general practice patients

Organisation supporting this study: Merck, Sharp and Dohme (Australia) Pty Ltd

Issues: The prevalence of Type 2 diabetes (T2D) and/or dyslipidaemia among general practice patients and their HbA1c and cholesterol levels Among those with T2D and/or hyperlipidaemia, the prevalence of hypertension; congestive heart failure (CHF), coronary heart disease (CHD); metabolic syndrome; and current smoking status. Current medication and use of diet and exercise for blood glucose control.

Sample: 3,096 patients from 106 GPs; data collection period: 10/06/2008 – 14/07/2008

Method: Detailed in the paper entitled 'SAND Method 2008-09' available at: <www.fmrc.org.au/publications/SAND_abstracts.htm>.

Summary of results

The age–sex distribution of respondents was similar to the distribution for all BEACH encounters, with the majority (57.1%) of patients being female.

Of the 2,957 surveyed patients, 799 had diagnosed T2D and/or dyslipidaemia: 349 (11.8%, 95% CI: 10.2–13.4) had T2D, 615 (20.8%, 95% CI: 17.8–23.8) had dyslipidaemia, and 165 (5.6%) had both conditions. There was no significant difference in these results between male and female patients. Patients aged 45–64 years had a significantly lower rate of T2D and/or dyslipidaemia (31.0%) than patients aged 65–74 years (50.6%) and those aged 75 years and over (45.3%).

Of the 799 patients with diagnosed T2D and/or dyslipidaemia, 755 answered the question on comorbidities: 69.4% had hypertension, 11.1% had CHF, 26.2% had CHD and 8.3% had moderate/severe renal insufficiency, and 12.1% had metabolic syndrome. Of these 755 patients, 610 (80.8%) had at least one of the comorbidities. Current smoking status was recorded for 740 patients and 77 (10.4%) were current smokers.

Of 338 patients with T2D who responded to the question, 57.1% had an HbA1c level of ≤ 7 and 35.5% had an HbA1c level > 7 , and for 7.4% the HbA1c level was not known or had never been tested.

Of 575 patients with dyslipidaemia who responded to the question, 247 (43.0%) had a total cholesterol level of ≥ 5.0 , and of the 171 responding patients with T2D without diagnosed dyslipidaemia, 25.2% had a total cholesterol level of ≥ 5.0 .

Of 334 patients with T2D for whom medication management of blood glucose was recorded, 269 (80.5%) were currently taking at least one medication: 32.0% were on metformin monotherapy; 29.7% were on dual therapy of metformin and a sulphonylurea; 10.4% were on mono-therapy sulphonylurea; 9.7% were taking insulin as a mono therapy, and 6.7% were taking metformin and insulin as dual therapy. Of the 337 medications for which duration of use was specified, 82.8% had been taken for years and 17.2% for months. Of 205 respondents, 67.3% were taking at least one medication and using diet/exercise, and 26.8% were not taking medication but were using diet/exercise to manage their blood glucose.

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AIHW Australian GP Statistics and Classification Centre, 2009. SAND abstract No. 130 from the BEACH program: Diabetes Type 2 and dyslipidaemia in general practice patients. Sydney: AGPSCC University of Sydney. ISSN 1444-9072

PLEASE READ CAREFULLY

The shaded section of the following forms asks questions about **TYPE 2 DIABETES** and **HYPER/DYSLIPIDAEMIA**.
 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.

Type 2 diabetes and/or hyper/dyslipidaemia

Please use the tick boxes to indicate if this patient has either **Type 2 diabetes** and/or **hyper/dyslipidaemia**.

If the patient **does not have** either Type 2 diabetes and/or hyper/dyslipidaemia you should **end the questions here**.

Test levels

Please advise the patient's **levels** at the **most recent testing**, of **HbA1c; total cholesterol; LDL cholesterol; HDL cholesterol**.

If you **do not know** one of these levels, or if the patient has **never had** one or more of these **levels tested**, please tick the box labelled '**don't know / never tested**'.

Medication / management for blood glucose levels

Medications - Please advise the **name and regimen** of any **medication/s** currently being taken by the patient for **management of their blood glucose levels**. NB - if insulin is used, write the name only - regimen details are not required.

Duration of use - Please **write a number** in the space provided, and **circle an option** to indicate **months or years**, to advise the approximate **length of time** the medication has been taken by the patient.

If **no medication** is currently being taken for blood glucose management, please tick the box labelled '**no medication**'

Please **circle an option** to advise whether **diet and/or exercise** are part of the patient's blood glucose management.

If the patient is currently taking **2 or more agents** (even if in 1 product) for blood glucose control please indicate the patient's **HbA1c** level **prior to the addition of the most recent medication**. If the **HbA1c** level prior to the addition of the most recent medication is **unknown** (e.g. you are not this patient's regular GP) please tick the box labelled '**don't know**'.

Morbidity

Please use the tick boxes to advise whether the patient has ever been **diagnosed** with any of the **listed conditions**.

NB - moderate/severe renal insufficiency defined as creatinine ≤ 50ml/min.

Patient smoking status (if 18+ years)

Please use the tick boxes to advise whether or not the patient is a **current smoker**.

<p>Does this patient have:</p> <input type="checkbox"/> Hypertension <input type="checkbox"/> Congestive heart failure <input type="checkbox"/> Coronary heart disease <input type="checkbox"/> Mod/severe renal insuff. <input type="checkbox"/> Metabolic syndrome <input type="checkbox"/> None of the above	<p>Does this patient also have:</p> <input type="checkbox"/> Type 2 diabetes <input type="checkbox"/> Hyper/dyslipidaemia <input type="checkbox"/> Neither of the above → End questions BL103B	<p>Is the patient a current smoker?</p> <input type="checkbox"/> Yes <input type="checkbox"/> No	<p>What are the patient's most recent levels of:</p> HbA1c _____ % <input type="checkbox"/> Don't know/never tested Total chol _____ mmol/L <input type="checkbox"/> LDL-C _____ mmol/L <input type="checkbox"/> HDL-C _____ mmol/L <input type="checkbox"/>	<p>The current medication / management for this patient's BLOOD GLUCOSE levels is / are:</p> <table border="1"> <thead> <tr> <th>Name & Form</th> <th>Strength</th> <th>Dose</th> <th>Frequency</th> <th>Duration of use</th> </tr> </thead> <tbody> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____ (mths/yrs)</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____ (mths/yrs)</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____ (mths/yrs)</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____ (mths/yrs)</td> </tr> </tbody> </table> <input type="checkbox"/> No medication Diet/exercise? Yes/No	Name & Form	Strength	Dose	Frequency	Duration of use	_____	_____	_____	_____	_____ (mths/yrs)	_____	_____	_____	_____	_____ (mths/yrs)	_____	_____	_____	_____	_____ (mths/yrs)	_____	_____	_____	_____	_____ (mths/yrs)	<p>If the patient is on 2 or more agents, what was the HbA1c prior to the addition of the most recent medication?</p> HbA1c _____ % <input type="checkbox"/> Don't know
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