

SAND abstract No. 135 from the BEACH program 2008–09

Subject: Diabetes 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; the proportion of patients with diabetes referred in the previous 12 months to: diabetes nurse educator, practice nurse, endocrinologist, ophthalmologist, dietitian, podiatrist, or other health professional; the proportion using insulin and the type being used: basal insulin; intermediate acting insulin; fast acting insulin; for those on insulin, who initiated therapy; other medications being taken for diabetes.

Sample: 2,921 patients from 101 GPs; data collection period: 23/09/2008 – 27/10/2008.

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 distribution of patients differed from the distribution for patients at all BEACH encounters 2007–08, with fewer patients aged 15–44 and more aged 65 years and over. The sex distribution was similar to that of patients at all BEACH encounters, with the majority (58.6%) of patients being female.

Among the 2,921 patients, the prevalence of diabetes was 11.2% (95% CI: 9.4–13.1). Prevalence of T1D was 1.8% (95% CI: 1.2–2.3) and of T2D was 9.5% (95% CI: 7.7–11.2). Age had no effect on the prevalence of T1D. The sex distribution of the T1D patients was no different from the total sample. Among the 276 patients with T2D for whom age was known, the 65–74 years age group had the highest age-specific rate of T2D (21.2%).

Of 51 patients with T1D, 44 (86.3%) had been referred at least once in the past year. The most frequent referrals were to ophthalmologists (58.8% of T1D patients), endocrinologists (56.9%), diabetes nurses (41.2%), podiatrists (31.4%), and dietitians (23.5%). Of 264 respondents with T2D, 87.5% had been referred in the past year. Most (58.3% of T2D patients) had been referred to ophthalmologist, 43.2% to podiatrists, 37% to each of diabetes nurses, endocrinologists and dietitians, and 18.9% to practice nurses. GPs recorded that 38 (74.5%) of T1D patients were using insulin. Basal insulin only was used by 50.0% and 36.8% were using a combination of basal and fast-acting insulin. Almost half of the T1D patients (47.1%) were on insulin only and 27.5% were taking insulin with another diabetes medication. Ten patients were on another medication only, and three patients were using diet and exercise only to manage their diabetes.

Of 261 respondents with T2D, 32 (12.3%) were using insulin. Most (81.3%) were using only basal insulin and 18.8% were using a combination of basal and fast-acting insulin. There were 21 patients who were taking insulin with another diabetes medication. Of T2D respondents, 183 (70.1%) were using 267 individual medications other than insulin to manage the disease. Half (58.1%) were on metformin and 25.8% were on gliclazide. A quarter of patients (25.7%) managed their T2D using diet and exercise only.

Almost two-thirds of all diabetes patients had their insulin therapy initiated by a specialist and for just under 20% it was initiated by a GP alone.

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AIHW Australian GP Statistics and Classification Centre, 2009. SAND abstract No. 135 from the BEACH program: Diabetes 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 **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

Please use the tick boxes to indicate whether this patient has either **Type 1** or **Type 2 diabetes**.

If the patient has **neither** Type 1 or Type 2 diabetes you should **end the questions here** for this patient.

Referrals to other clinicians

Please use the tick boxes to advise whether the patient has been **referred** in the past 12 months to any of the listed **specialists** or **allied health workers**. For a referral to a specialist or allied health worker not listed, please tick the box labelled **'other'** and **specify** in the space provided.

Please tick as many as apply.

If **no referrals** were made to a specialist or allied health worker, please tick the box labelled **'none of the above'**.

Diabetes medication

If the patient has **either Type 1 or Type 2 diabetes**, please use the tick boxes to indicate the **insulin being used by the patient** (if insulin is being used for diabetes management).

If the patient is **not** taking insulin, please tick the box labelled **'No insulin'**.

In the second section, please write the **name and regimen of other medications** currently being taken by the patient to **manage their diabetes**.

If the patient's diabetes is managed with **diet and exercise only**, i.e. they are taking **no** medication, please tick the box labelled **'No medication - diet / exercise controlled'**.

Initiation of insulin

If the patient is currently taking **insulin** for diabetes management, please advise whether the insulin was **initiated by** yourself or another **GP only**, by a **GP in consultation** with an **endocrinologist**, or by an **endocrinologist only**.

Does this patient have:

- Diabetes Type 1
- Diabetes Type 2
- Neither → **End questions**

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In past year was a referral made to -

- Diabetes nurse educator
- Practice nurse (please tick all that apply)
- Endocrinologist
- Ophthalmologist
- Dietitian
- Podiatrist
- Other _____
- None of the above

Basal insulin

- glargine (Lantus)
- detemir (Levemir)
- isophane (NPH)
(eg. Humulin, Hypurin, Miltard, Protaphane)

If either type of Diabetes what medication is the patient taking?

Intermediate acting insulin

- aspart protamine suspension.
- lispro protamine suspension.
- neutral-isophane (NPH)

Fast acting insulin

- aspart
- lispro
- neutral
- NO INSULIN**

Oral/other diabetes medication is-

Name & form	strength	dose	frequency
<input type="checkbox"/> No med'n - diet / exercise controlled			

If taking insulin, was the insulin initiated by -

- GP only
- GP in consultation with endocrinologist
- Endocrinologist only