

SAND abstract No. 138 from the BEACH program 2008–09

Subject: Dyslipidaemia in general practice patients

Organisation supporting this study: Abbott Australasia

Issues: Proportion of general practice patients with diagnosed dyslipidaemia or who have their lipid levels managed for other reasons; proportion of these patients who are taking a lipid lowering medication; the types of medications taken; the most recent levels of cholesterol, LDL, HDL and triglycerides (TG); how HDL is specifically being managed.

Sample: 2,627 patients from 89 GPs; data collection period: 02/12/08 – 19/01/09.

Method: Detailed in the paper entitled 'SAND Method: 2008–09' available at: <www.fmrc.org.au/publications/SAND_abstracts.htm>. Blood pressure levels were defined according to the classification from the Heart Foundation and the Cardiac Society of Australia and New Zealand, available at <www.heartfoundation.org.au/SiteCollectionDocuments/guideline%20lipid%20mgt.pdf>.

Summary of results

The 2,605 patients for whom sex was recorded were less likely to be male (37.3%) and of 2,616 patients for whom age was recorded, a significantly higher proportion were aged 45–64 years (31.5%, 95% CI: 29.1–34.0), when compared with those at all BEACH encounter 2007–08 (42.9% male, and 28.1%, 95% CI: 27.5–28.6 aged 45–64 years).

Of the 2,627 respondents, 727 (27.7%) had dyslipidaemia and 198 (7.5%) were having their lipid levels managed for other reasons. Altogether, 904 patients were having their lipid levels managed for dyslipidaemia and/or other reasons.

There was no significant difference in the proportion of males (38.1%) and females (32.1%) for whom lipids were being managed. The proportion of patients whose lipids significantly increased with age were: 11.9% of those aged 25–44 years, 47.3% of patients aged 45–64 years, 59.3% of those aged 65–74 years and 56.6% of older patients aged 75 years and over.

Of 869 patients having their lipids managed for whom medications were reported, 578 (66.5%) were taking a lipid medication. Male patients (73.7%) were significantly more likely than females (61.2%) to currently be taking a lipid medication. There were 546 patients (62.8%) taking a statin with or without another type of lipid medication, 3.7% were taking a medication other than a statin only, and 33.5% were managing lipids without lipid medication. Of the 546 patients taking lipid medication, 94.5% were taking a statin.

Of 868 patients for whom target status was reported, 23.2% had reached their target for total cholesterol. The average total cholesterol level was 4.9. Of 757 respondents to the question on LDL cholesterol, 44.9% had reached their target. The average LDL cholesterol level was 2.8. Of 767 respondents to the question on HDL cholesterol, 80.1% had reached their target. The average HDL cholesterol level was 1.4. Of 854 respondents to the question on TG, 50.5% had reached their target. The average TG level was 1.7.

Of the 520 respondents who were taking a statin, 230 (44.2%) were having their HDL cholesterol levels specifically managed. The majority (90.4%) were managing HDL with diet, 73.9% were using exercise and 82.2% were using medication.

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AIHW Australian GP Statistics and Classification Centre, 2009. SAND abstract No. 138 from the BEACH program: 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 **DYSLIPIDAEMIA**.
 You may tear out this page as a guide to completing the following section of forms.

INSTRUCTIONS

Please answer the following questions for **ALL** of the **next 30 PATIENTS** in the order in which the patients are seen.

Please **DO NOT** select patients to suit the topic being investigated.

Dyslipidaemia and lipid management

Please indicate whether this patient has **diagnosed dyslipidaemia** or **other risk factors/conditions that require their lipid levels to be managed** (e.g. high cardiovascular risk).

If the patient does not have dyslipidaemia and their lipid levels are not being managed for other reasons you should **end the questions here** for this patient.

Lipid lowering therapy

Please write the **name** and **form** of the **current medication(s)** taken by this patient for their dyslipidaemia.

Please also indicate the regimen (i.e. **strength, dose and frequency**) of the medication(s).

If the patient is **not currently taking a medication** for their dyslipidaemia please tick the box labelled '**NO medication**'.

Lipid levels

Please advise the patient's **lipid levels** at the **most recent testing**, of:

- **total cholesterol**
- **low density lipoprotein cholesterol (LDL-C)**
- **high density lipoprotein cholesterol (HDL-C)**
- **triglycerides.**

Please circle an option to indicate whether, in your **clinical opinion**, **target lipid levels** have been reached for this patient.

HDL cholesterol management

We are trying to **gauge whether** the HDL cholesterol level is being **specifically targeted** in your management of dyslipidaemia.

If **yes** please advise how the patient's HDL cholesterol is being managed.

If the HDL cholesterol is **not** being specifically targeted please **end the questions here**.

<p>Does the patient have:</p> <p><input type="checkbox"/> Dyslipidaemia</p> <p><input type="checkbox"/> Lipid levels managed for other reasons</p> <p><input type="checkbox"/> Neither of the above → End questions</p>	<p>Current lipid lowering medication(s) is:</p> <table border="1"> <thead> <tr> <th><u>Name & Form</u></th> <th><u>Strength</u></th> <th><u>Dose</u></th> <th><u>Frequency</u></th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> </tbody> </table> <p><input type="checkbox"/> NO lipid lowering medication</p>	<u>Name & Form</u>	<u>Strength</u>	<u>Dose</u>	<u>Frequency</u>																	<p>What are the patient's most recent lipid levels?</p> <p>Total chol _____ mmol/L</p> <p>LDL-C _____ mmol/L</p> <p>HDL-C _____ mmol/L</p> <p>TG _____ mmol/L</p>	<p>In your clinical opinion, have target levels been reached? <i>(please circle)</i></p> <p>Yes / No</p> <p>Yes / No</p> <p>Yes / No</p> <p>Yes / No</p>	<p>Is this patient's HDL cholesterol being specifically managed?</p> <p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No → End questions</p>	<p>→ If 'yes', how is the HDL-C being managed? <i>(Tick all that apply)</i></p> <p><input type="checkbox"/> Diet</p> <p><input type="checkbox"/> Exercise</p> <p><input type="checkbox"/> Medication</p> <p><input type="checkbox"/> Other: _____ <i>(please specify)</i></p>
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