

Royal College of General Practitioners and Warwick Medical School
Annual Education, Research and Innovation Symposium
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PRESENTER'S DETAILS Session C. Audits		
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Category Audit , Research, Education Project, Innovation Project		
Authors Isabelle Svahnstrom Matthew Newman		Title of Study Local audit of glycated haemoglobin (HbA _{1c}) measurements in impaired glucose tolerance patients compared to national guidelines
What's the problem you are tackling? Type 2 diabetes is a major public health problem that accounts for an estimated 10% of NHS expenditure. It is associated with an increased cardiovascular risk due to a range of factors including hypercholesterolaemia, hypertension, obesity and physical inactivity. Patients with impaired glucose tolerance are at high risk of developing the disease; however early intervention can help to reduce the risk of complications. The current NICE recommendations for those at 'high risk' include explaining results, offering a referral to lifestyle-change programmes, offering a yearly blood test including BMI assessment and introducing recall systems for regular review. This project aimed to assess the performance of Croft Medical Centre in relation to these guidelines.		
How did/will you do it? In total, 248 patients at the GP practice with a diagnosis of IGT, based on their HbA _{1c} test, were identified. A quarter of the total patient population were chosen at random, generating a sample of n=60, and adherence to the NICE guidelines was assessed. Data analysis was performed in MS Excel.		

What did you find?

The data showed that only a quarter of patients receive an explanation of their results and appropriate lifestyle advice. An annual blood test recall reminder was in place for just over half of the patients. Our main recommendation is to introduce a yearly recall system for review of lifestyle advice, risk factors and HbA_{1c} blood test.

Why does this matter?

Although the GP practice currently follows some of the NICE recommendations, there is still room for improvement: there are still a large number of patients who are not monitored regularly and are therefore at risk of developing type 2 diabetes. It is important the recommendations are implemented, both to achieve improved patient health outcomes and satisfaction at the practice and to reduce the financial burden of type 2 diabetes on the local NHS services.