

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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Department or organisation Warwick University Medical School - Student		
Category <u>Audit</u> , Research, Education Project, Innovation Project		
Authors Alexander Hammant Henry Delacave Nick Gould Michelle Wall Jonathon Maxwell		Title of Study eGFR levels in diabetic mellitus type II patients prescribed metformin, an audit in GP practice.
<p>What's the problem you are tackling? Metformin is commonly prescribed in primary care and is used in treating type II diabetes mellitus. Diabetes can lead to a number of complications, including microvascular changes in the kidneys leading to chronic kidney disease. However, NICE guidelines contraindicate metformin in patients with an estimated glomerular filtration rate (eGFR) less than 30 ml/minute/1.73m² because there is some evidence implying a greater risk of lactic acidosis. This is a contentious issue with arguments that the risk is overemphasised. This audit sought to identify any patients who were regularly prescribed metformin and whether their eGFR levels were appropriate.</p>		
<p>How did/will you do it? Abbey House Medical Practice in Daventry had a diabetic register containing 974 patients in 2015. Searches were made to identify those who had had their eGFR measured, those who were taking metformin and then any recorded lactic acidosis episodes. After the searches, any relevant patient notes were identified.</p>		
<p>What did you find? Important findings included: only a small percentage of patients on the register were taking metformin when their eGFR levels were recorded as less than 30 ml/minute/1.73m² (0.2%; 2 patients). There were higher numbers of diabetic patients who were not taking metformin in this category (10 compared to 2) suggesting that the NICE guidelines were being broadly adhered to. There were no recorded cases of lactic acidosis.</p>		

Why does this matter?

Although the practice adhered to the NICE guidelines in the majority of cases, there were some patients who did not have their eGFR checked (30/974) and others prescribed metformin despite the absolute contraindication. Although there is debate surrounding the evidence for lactic acidosis risk it is important to protect patients through accepted safe prescribing. This audit helped to identify potential at risk patients and recommend suitable changes.