

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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| Title (Prof, Dr, Mr, Mrs) Miss Miss | First Name Gemma Michelle | Surname Napaul Fleeman |
| Department or organisation Warwick Medical School – Students g.napaul@warwick.ac.uk m.fleeman@warwick.ac.uk | | |
| Category Audit | | |
| Authors Gemma Napaul Michelle Fleeman | | Title of Study Sulphonylureas and Driving – Does Practice Reflect Guidance? |
| What's the problem you are tackling? The Driving and Vehicle Licensing Agency (DVLA) have guidance for diabetic patients in regards to driving, which is dependent on the type of medication and licence held. This audit aims to investigate whether General Practitioners of Brookside Surgery are informing patients of DVLA guidance when initiating sulphonylureas and on review. | | |
| How did/will you do it? A retrospective primary care audit looking at 45 patient records from 2000-2015 who are currently prescribed sulphonylureas. Data was collected using a standardised proforma which included driving status, licence type, information about hypoglycaemic episodes and whether patients were prescribed blood glucose monitoring strips. | | |
| What did you find? This audit found health care professionals were inadequately documenting the information being delivered to patients. Of 45 patients, 69% had their driving status documented and of 42 patients, only 12% had their licence type documented. It was unclear whether 10 patients had ever experienced hypoglycaemic events as there was no documentation. Blood glucose strips were prescribed to 51% of patients on sulphonylureas, and of these 65% were regularly renewing their prescription implying regular testing but it is unclear whether this relates to periods of driving. | | |

The data collected demonstrates areas for improvement. Recommendations include updating both the pro forma used to initiate and review patients on sulphonylureas to include advice specific to driving and ensuring episodes of hypoglycaemia are asked about and documented. As well as reviewing whether Group 2 licence holders have access to blood glucose monitoring and are actively checking at times related to driving. Then assessing Group1 licence holders on an individual basis for blood glucose monitoring.

Why does this matter?

Sulphonylureas are a common medication used in the treatment of Type 2 Diabetes Mellitus. A common side effect of sulphonylureas is hypoglycaemia which can lead to impaired consciousness, this is potentially fatal when driving. Therefore it is paramount that guidance set out by the DVLA is implemented.