

Interdisciplinary Approach to Enhance Quality of Care for Diabetic Patients on Insulin Therapy in Primary Care

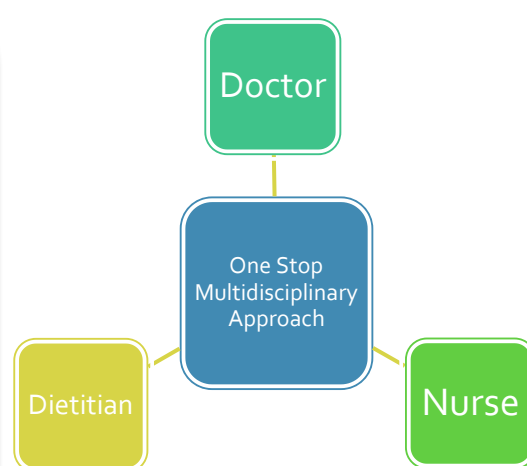
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Introduction In recent years, an increasing demand on basal insulin therapy for patients with Type 2 diabetes (T2DM) has been observed in primary care. Achieving good diabetic control in patients with T2DM on insulin therapy requires interdisciplinary approach and patients' collaboration. A specialized clinic targeting these patients was set up in Lady Trench GOPC.

Method The Insulin Clinic rolled out on 9/10/2019 with “One-stop Interdisciplinary Approach” as backbone, specifically designed to allow patients to

- ✓ Attend same day doctor, nurse, and dietitian consultations
- ✓ Improve patients' compliance on follow-up including nurse and dietetic sessions, especially for working class.
- ✓ Clinical issues picked up at consultation could be addressed promptly with instant interdisciplinary communications.
- ✓ More frequent follow-ups were feasible for intensive intervention.



Results 192 patients were recruited and followed up. Dedicated nurse and dietitian sessions were arranged at patients' attendance for physician's follow-up for the past 1 year.

192 Patients

573 Dedicated Nurse Sessions

268 Dietitian Sessions

Encouraging results are shown after 1 year.

IMPROVEMENT IN OVERALL HBA1C

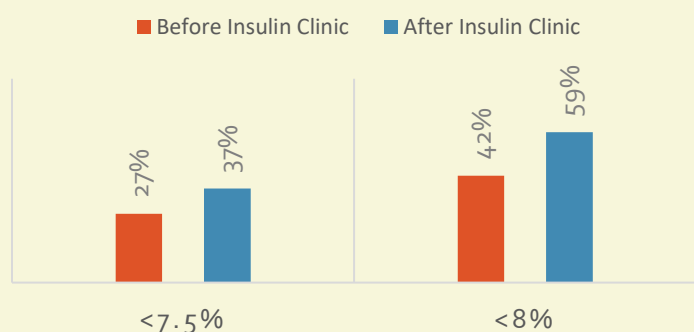


Fig.1 For overall control, **37%** achieved latest **HbA1c <7.5%**, compared with 27% at first attendance. **59%** achieved **HbA1c<8%**, compared with 42% at entry.

CHANGE IN ADJUNCTIVE SU

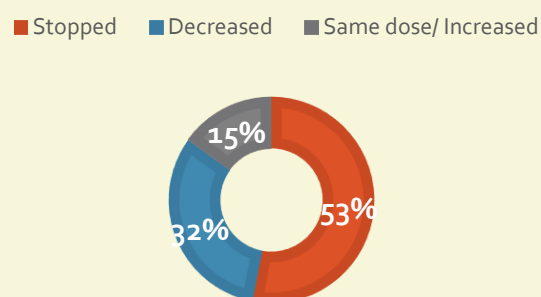


Fig.2 In terms of adjunctive use of sulphonylurea, **53%** of patients successfully **stopped** using sulphonylurea, while another **32%** of had **down-titration**.

Conclusions The “One-stop Interdisciplinary Approach” has proven to enhance the quality of care in T2DM patients on insulin therapy. Further allied health input from Physiotherapist for weight management is anticipated.