

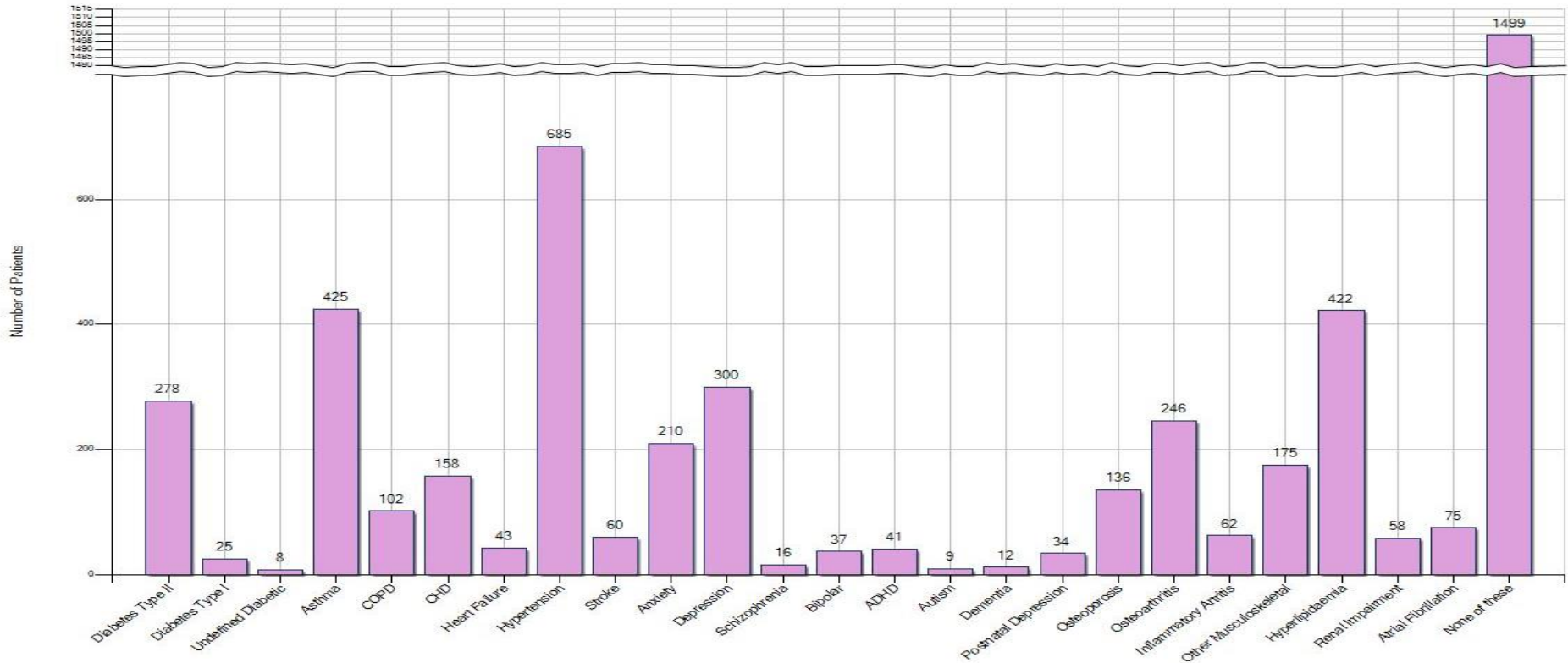
Diabetes Management in General Practice

Dr Kean-Seng Lim
General Practitioner, Mt Druitt Medical Centre
253 Beames Avenue
Mt Druitt



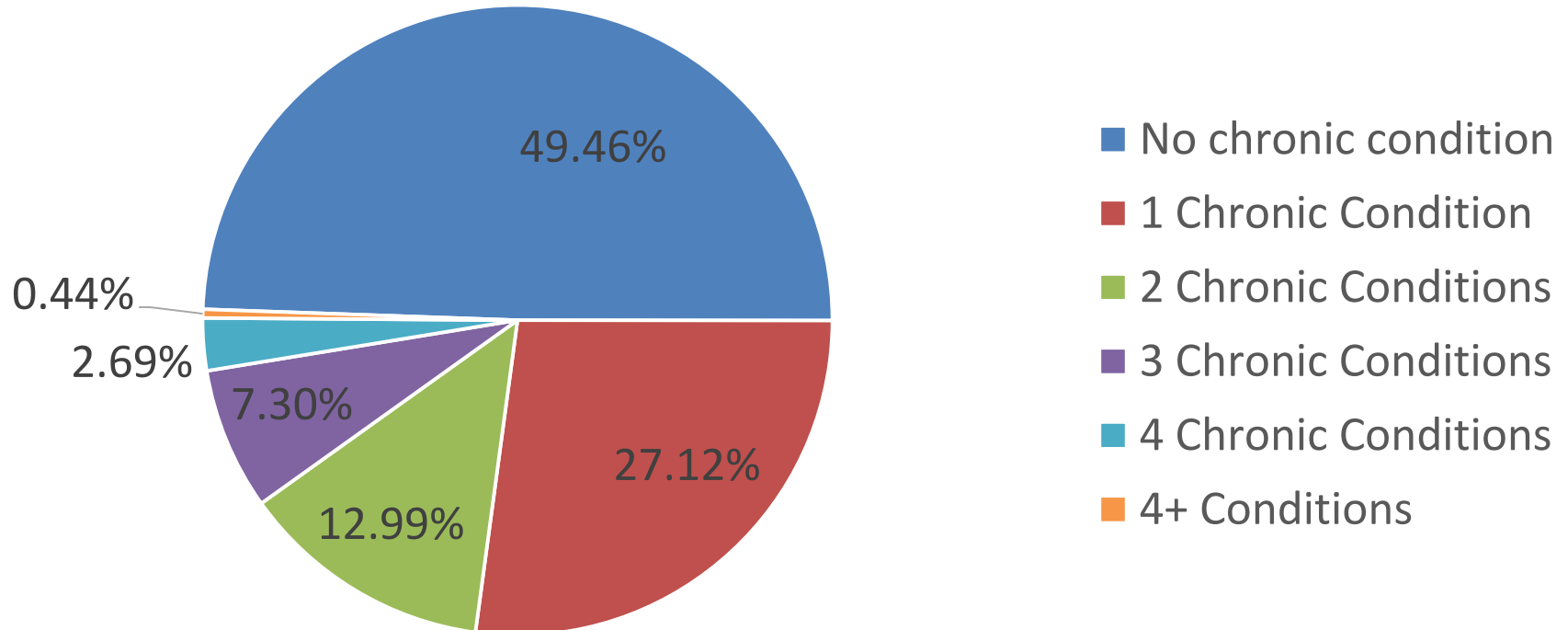


Total Count of Disease Cases (population 3164)



Unpublished data on file provided by speaker.

Percentage of Practice Population Diagnosed with a Chronic Condition

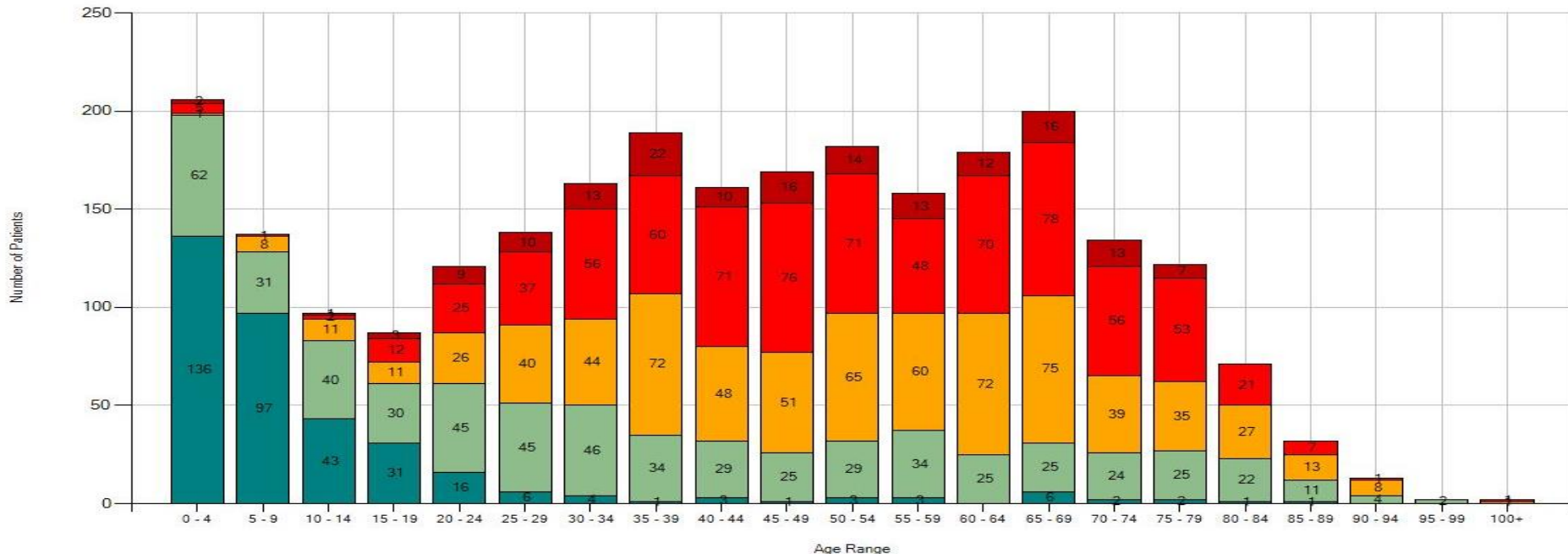


Unpublished data on file provided by speaker.

BMI Count by Age Range

Population 3164, Count = 2563 (81%)

■ Morbid (40+) ■ Obese (30 to 39.9) ■ Overweight (25 to 29.9) ■ Healthy (18.5 to 24.9) ■ Underweight (<18.5)

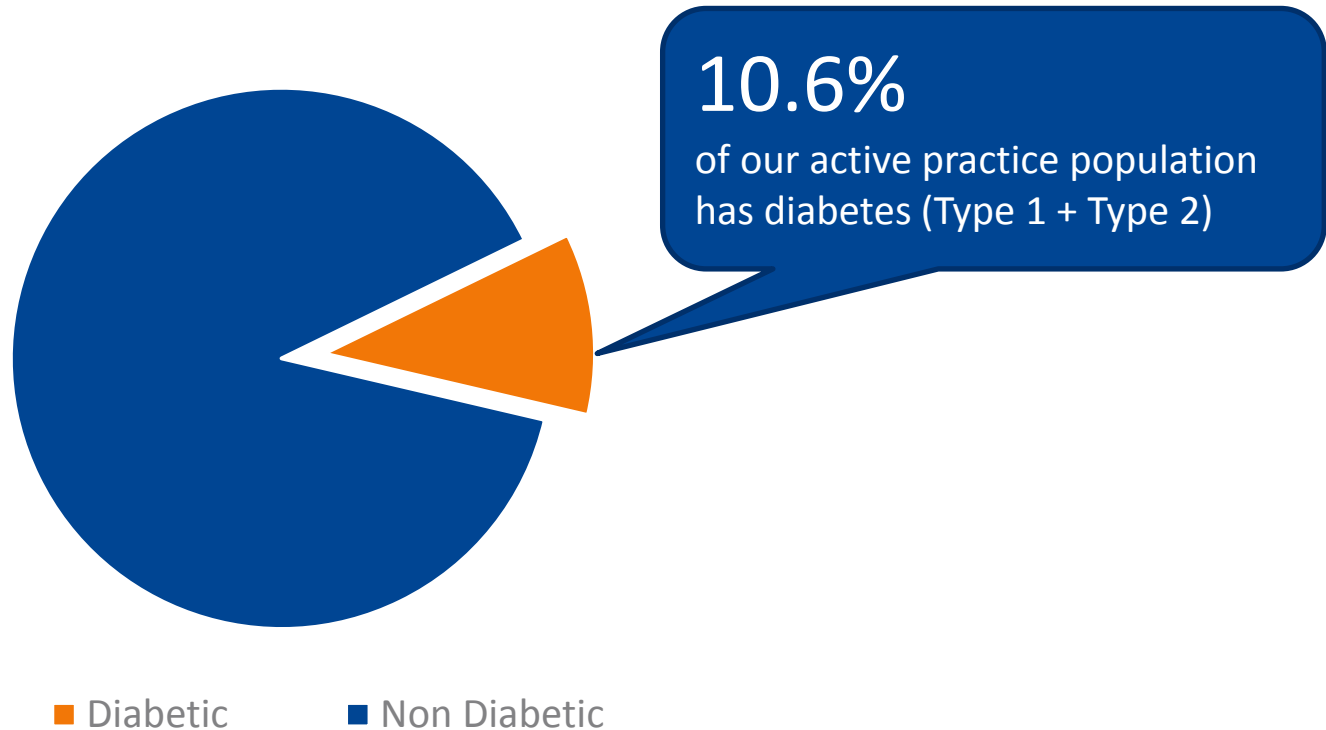


Age >= 18: height/weight dates within 5 years of each other and one height taken since age 17, or any height since age 25

Age < 18: height/weight dates within 1 year of each other

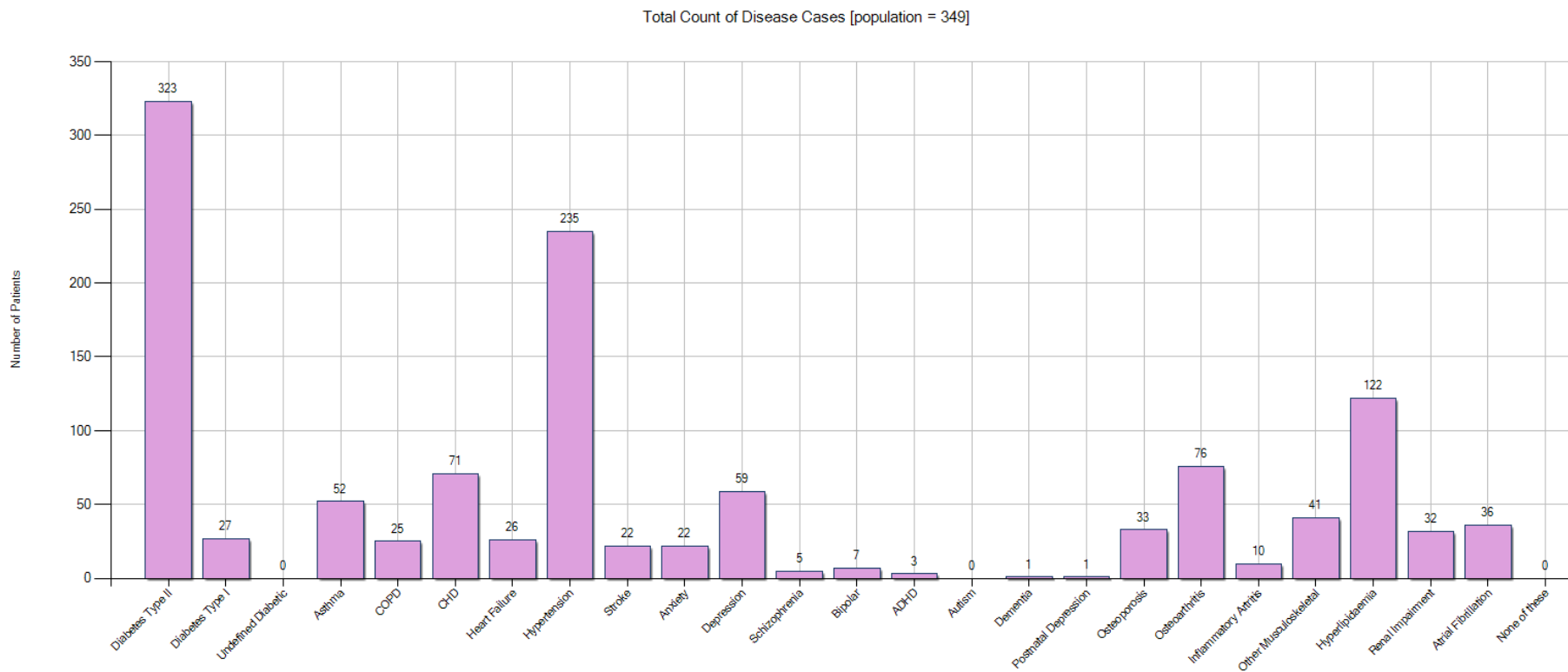
Unpublished data on file provided by speaker.

Diabetes Prevalence in Mt Druitt Medical Centre



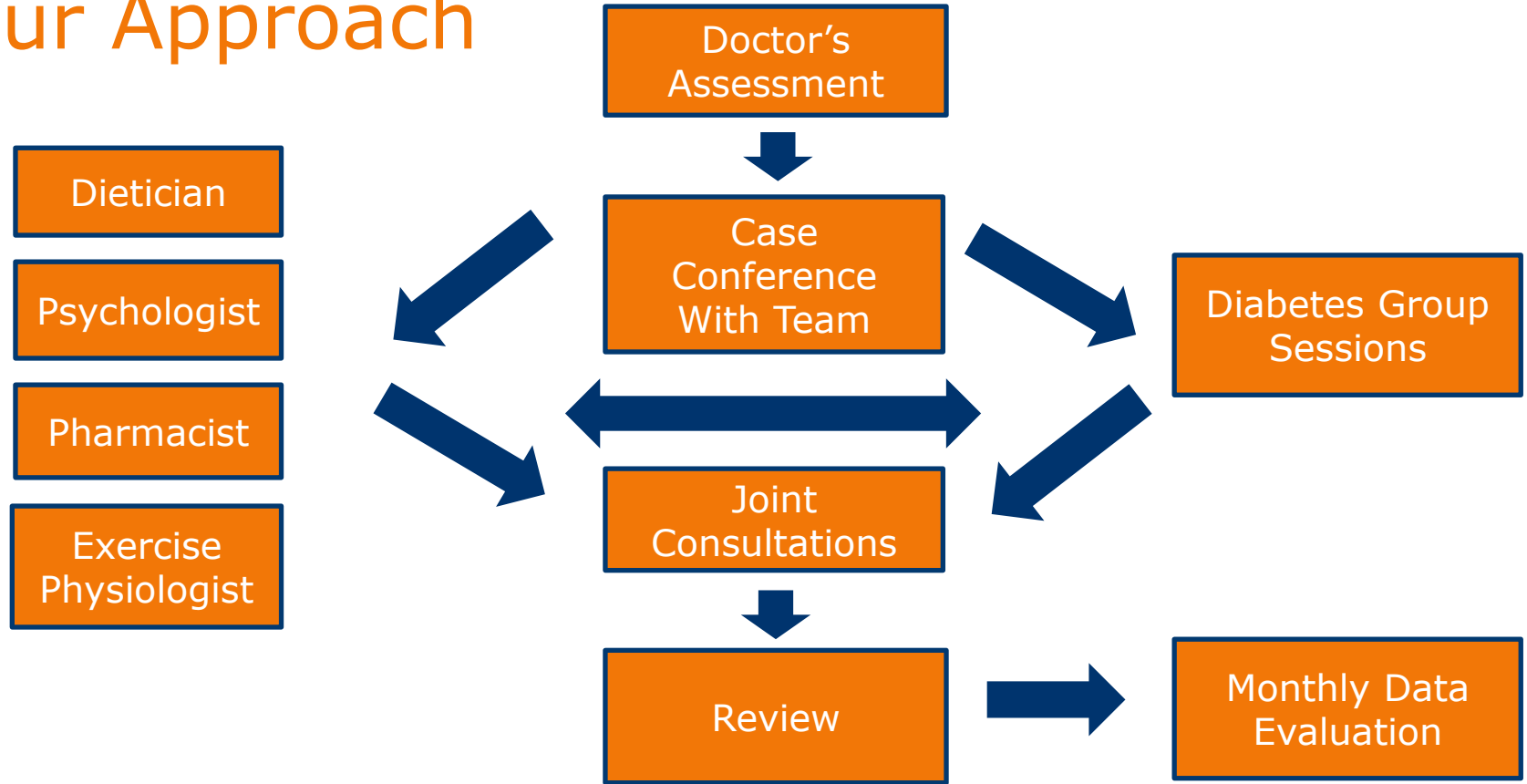
Unpublished data on file provided by speaker.

Co-Morbidities in Our Diabetic Population



Unpublished data on file provided by speaker.

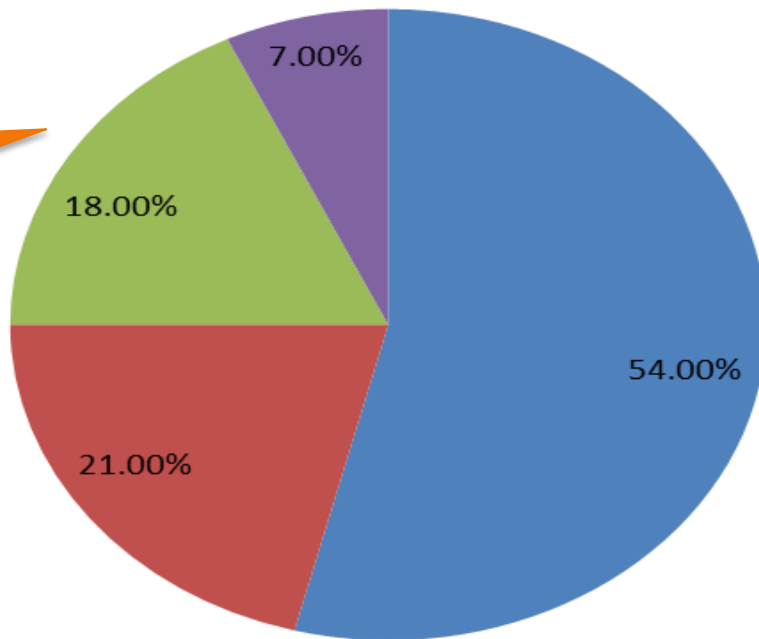
Our Approach



Practice Pharmacist

Percentage of Patients Who Had Medicines Deprescribed

46% of Patients
had 1 or more
medicines
deprescribed



Number of
medicines
deprescribed

- 0
- 1
- 2
- 3 or more

Practice Pharmacist

Results of Medication Optimisation

Medication Optimisation	Percentage
Dose Increased	11%
Dose Decreased	36%
Addition of new medication	29%
Compliance Monitoring	100%
Provision of Information	100%
Pain Management Advice	29%
ADR Identified	29%
Drug-Drug/Drug Disease interaction identified	11%

Unpublished data on file provided by speaker.

Case 1 - Mrs DC

History

- 58 yo lady
- Aboriginal Background
- Moved to Sydney from South Coast November 2015
- Smokes 20 cigarettes a day for 45 years
- Drinks 10g ETOH per month
- Family History : Mother Renal disease and IHD
- Disability Pension

Medical History

- Asthma
- Hypertension
- Borderline Personality Disorder
- Bipolar Disorder
- Type 2 Diabetes Mellitus (Diagnosed 2008)

Mrs DC Medications

- Atorvastatin 20mg daily
- Venlafexine 225mg daily
- Lithium Carbonate 450mg bd
- Olanzapine 7.5mg daily
- Esomeprazole 20mg daily
- Perindopril 2mg daily
- Symbicort 200/6 2 bd
- Metformin HCL XR 1000mg 2 daily
- Insulin Glargine 58u nocte

Mrs DC – Initial Visit

Date

Clinical Notes

16/11/15

- First Visit – Exacerbation of asthma
 - BP(Sitting-Left arm): 125/76
 - Pulse(Sitting): 88 Regular
 - Height: 166.5 cm
 - Weight: 103 Kg
 - BMI: 37.2
 - Waist: 119 cm
- Treated with Prednisone and follow ups arranged for
 - Blood tests
 - Clinical Pharmacist review of medications, inhaler technique
 - Mental state review
 - Diabetes Review

Mrs DC – Next Visits

Date

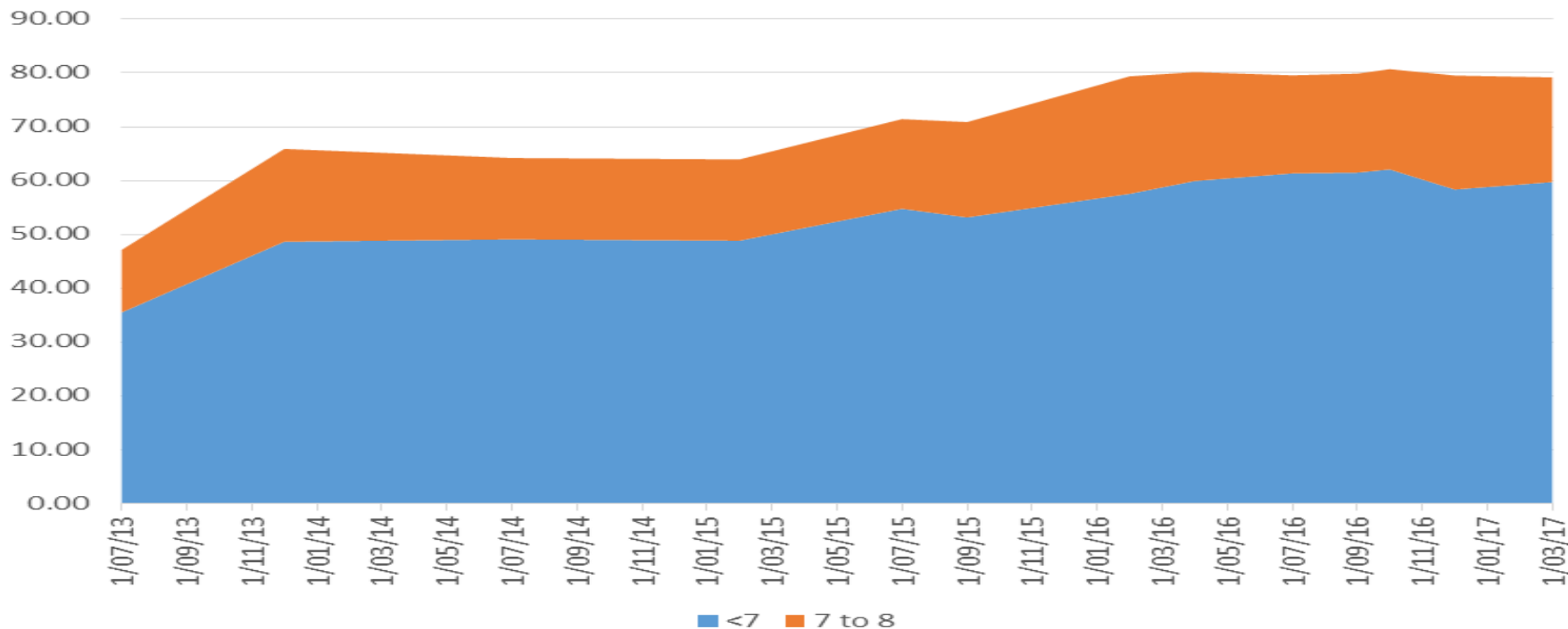
20/11/15

Clinical Notes

- Follow up
 - Creatinine 5.0 umol/L
 - eGFR 68 mL/min/1.73m²
 - HbA1c H 8.1 %
 - Cholesterol 5.2 mmol/L
 - Triglycerides 1.7 mmol/L
 - HDL Cholesterol 1.4 mmol/L
 - LDL Cholesterol 3.0 mmol/ml
- K10 Score 34/50
- Prednisone tapered
- Pharmacist review and education
- Referral to psychologist
- Ezetemibe and Dapagliflozin added

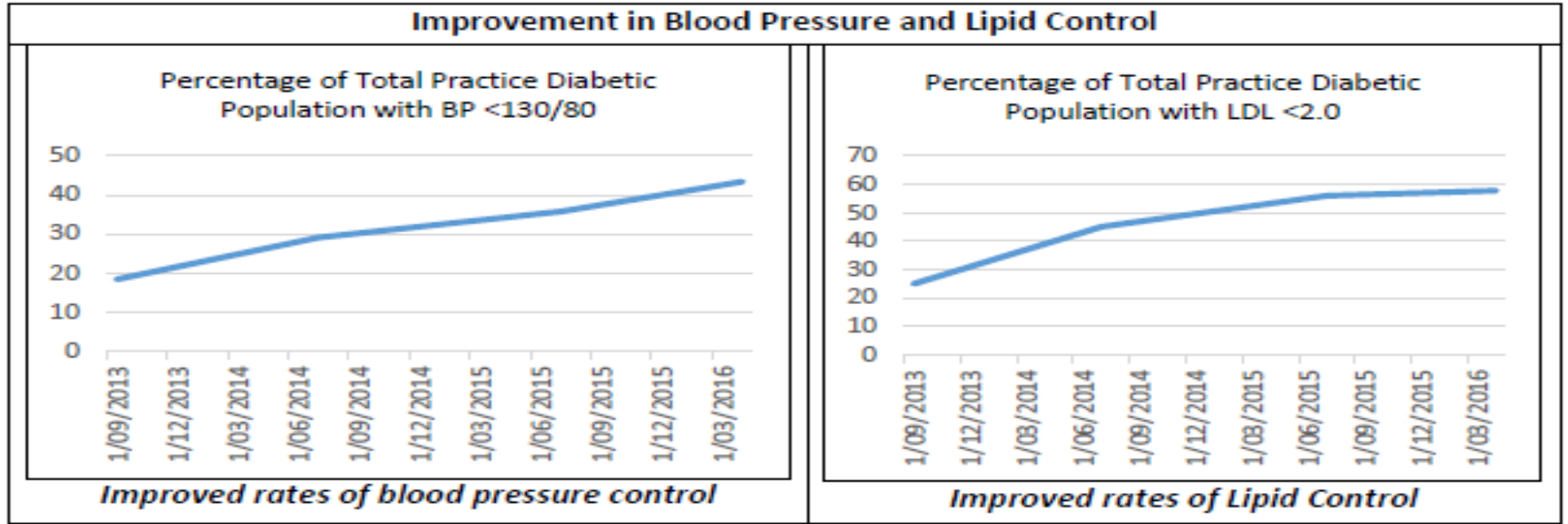


Percentage of Patients with Diabetes in our Practice with HbA1c <7 and <8



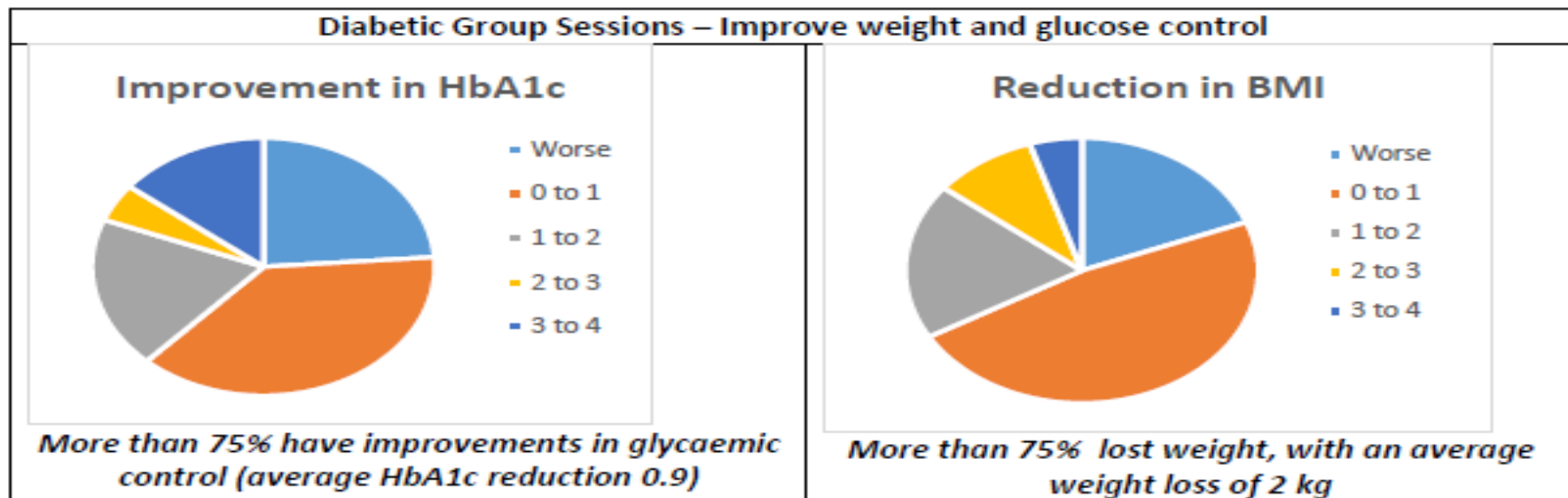
Unpublished data on file provided by speaker.

Improvement in Blood Pressure and Lipid Control



Unpublished data on file provided by speaker.

Results from Our Diabetic Group Sessions



BD Medical - Diabetes Care Australia: Becton Dickinson Pty Ltd, 4 Research Park Drive, Macquarie University Research Park, North Ryde, NSW. 2113. ABN 82 005 914 796. Toll free telephone: 1800 656 100.

BD Medical - Diabetes Care New Zealand: Becton Dickinson Limited, 14b George Bourke Drive, Mt Wellington Auckland 1060, New Zealand, Toll Free: 0800 572 468

© 2017 BD. BD and the BD Logo are the property of Becton, Dickinson and Company. BD-2721

