

VIRTUAL MEDICAL RESEARCH SYMPOSIUM



MEDICAL RESEARCH
DURING PANDEMIC:
ADAPTING & INNOVATING
IN ADVERSITY

14TH DECEMBER 2021

ABSTRACT BOOK





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PC193

CLINICAL AUDIT ON TYPE 2 DIABETES MELLITUS PATIENTS IN A TEACHING
PRIMARY CARE CLINIC IN KUANTAN, PAHANG

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Introduction: Type 2 Diabetes Mellitus (DM) is an important risk factor for cardiovascular disease and microvascular complications. Patients with DM require ongoing evaluation and monitoring. The indicator for good DM control is HbA1c $\leq 6.5\%$, targeting at $\geq 30\%$ of DM patients per clinic. This audit aims to describe the patients' profile and identify the clinic performance in DM management at IIUM Family Health Clinic, Kuantan. **Materials and Methods:** This audit was performed in September 2021 by universal sampling. MOH Clinical DM audit instrument was used for collecting data from patients' diabetic records. **Results:** A total of 72 active DM patients were included. The majority are female (53%) and aged between 40 to 59 years old (65%). The prevalence of comorbidities for hyperlipidaemia, hypertension and overweight were 90%, 60% and 70% respectively while the prevalence of DM complications were low except diabetic kidney disease (27.8%) and ischemic heart disease (9.7%). 18% of patients achieved HbA1c $\leq 6.5\%$ with only 75% patients had done routine HbA1c test. The other indicators for clinical monitoring of diabetes-related complications have achieved target except fundoscopy (13.9%) and foot examination (41.7%). Counselling sessions were given to all patients, with weight reduction was the least advice given (26.4%). Pharmacologically, 78% of patients were treated with oral glucose lowering drug (OGLD), 22% on combination therapy with insulin, 64.3% on antiproteinuric medication and 85.5% on statin. **Conclusion:** The target for good DM control was not achieved is contributed by non-optimal laboratory monitoring. Thus, a comprehensive patient database and a dedicated DM team need to be established.





الجامعة الإسلامية العالمية ماليزيا
INTERNATIONAL ISLAMIC UNIVERSITY MALAYSIA
جامعة إسلامية عالمية ماليزيا

Clinical Audit on Type 2 Diabetes Mellitus Patients in a Teaching Primary Care Clinic in Kuantan, Pahang.

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Abstract ID :
PC193

INTRODUCTION

- Type 2 Diabetes Mellitus (DM) is an important risk factor for cardiovascular disease and microvascular complications. Patients with DM require ongoing evaluation and monitoring.
- Primary care serves as the first line of care and provides appropriate clinical management to delay T2DM complications, thus improve quality of life.
- This audit aims to describe patient's profile and identify clinic performance in DM management at IIUM Family Health Clinic. Kuantan.

METHODOLOGY

- A retrospective audit of secondary data was conducted at IIUM Family Health Clinic between 1/9/2020 - 31/8/2021
- MOH Clinical audit instrument were used for collecting data, and the standards were determine based on the national T2DM clinical practice guideline (CPG) 2021

RESULT

No	INDICATOR	RESULT, N (%)
1.	ROUTINE ANNUAL HBA1C MONITORING	75%
2.	PATIENT ACHIEVED HBA1C <6.5%	18%
3.	URINE ALBUMIN SCREENING	76.4%
4.	SERUM CHOLESTEROL (LDL-CHOL) MONITORING	80.4%
5.	SERUM CREATININE MONITORING	84.7%
6.	FUNDUS EXAMINATION	13.9%
7.	CLINICAL FOOT EXAMINATION	41.7
8.	COUNSELLING SESSIONS :	
	i. DIET COUNSELLING	83.3%
	ii. MEDICATION COUNSELLING	84.7%
	iii. EXERCISE COUNSELLING	69.4%
	iv. DIABETIC COMPLICATIONS COUNSELLING	69.4%
	v. SMBG COUNSELLING	52.8%
	vi. WEIGHT REDUCTION COUNSELLING	26.4%
9.	DIABETIC COMPLICATIONS :	
	i. DIABETIC KIDNEY DISEASE	27.8%
	ii. DIABETIC RETINOPATHY	1.4%
	iii. CEREBROVASCULAR ACCIDENT	1.4%
	iv. ISCHEMIC HEART DISEASE	9.7%
	v. DIABETIC NEUROPATHY	1.4%
	vi. DIABETIC FOOT ULCER	1.4%
	vii. ERECTILE DYSFUNCTION	0%

DISCUSSION

- A total of 72 medical records of active diabetic patient were audited.
- Majority of patient were female (53%), age between 40-59 years old (65%), with multiple comorbidities such as hypertension (80%), hyperlipidaemia (75.4%) and obesity (80%).
- Prevalence for diabetic complications were low except for diabetic kidney disease (27.8%), and ischemic heart disease (9.7%).
- Overall, only 75% of patients had done routine annual HbA1c test, which resulted in low achievement (18%) of HbA1c \leq 6.5%.
- Good clinical monitoring of diabetes-related complications, except funduscopic examination (13.9%), and foot examination (41.7%).
- Diabetic counselling were given to all patients, with weight reduction counselling were the least advice given (26.4%).
- Pharmacologically, 78% of patients were on oral medication, and another 22% were on insulin treatment

CONCLUSION

- Target for good DM control was not achieved contributed by non-optimal laboratory monitoring.
- A comprehensive diabetic patient database, and dedicated DM team need to be established to improve diabetic care in IIUM Family Health Clinic.

REFERENCES

- Ministry Of Health Malaysia, Clinical Practice Guideline (CPG) Management Of Type 2 Diabetes Mellitus (6th Edition).
- Ministry Of Health Malaysia, National Diabetes Registry 2020.
- Ministry Of Health Malaysia, User Manual Quality Diabetes Care 2009



MEDICAL RESEARCH SYMPOSIUM

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