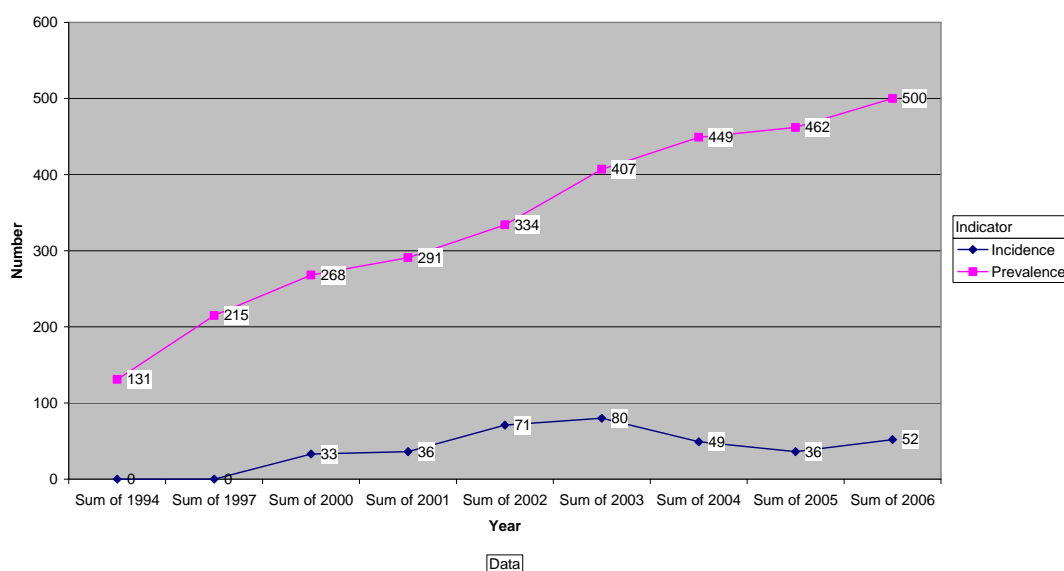


Diabetes 2006

Incidence & Prevalence

	Incidence	Difference %/Year	Prevalence	Difference %/Year	% off Population
2000	33	-	268	-	2.3
2001	36	+ 9.1	291	+ 8.2	2.6
2002	71	+ 97.2	334	+ 14.7	3.1
2003	80	+ 12.7	407	+ 21.8	3.7
2004	49	- 38.8	449	+ 10.3	3.9
2005	36	- 26.6	462	+ 2.9	4.0
2006	52	+44.4	500	+ 8.2	3.9

Diabetes Incidence and Prevalence 1994-2006



Ethnic Group

	2005					2006				
	Nr	Type1	Type2	% off DM	% off DM	Nr	Type1	Type2	% off DM	% off DM
	Populat.					Populat.				
Caucasian	320	64	256	69.2	3.1	330	64	266	66.0	3.9
Asian	118	19	99	25.5	5.6	132	17	115	26.4	5.3
African	22	5	17	4.8	3.9	28	7	21	4.2	3.1
Other	9	1	8	1.9	1.5	10	1	9	2.0	1.2

Diabetes is more common in patients of Asian origin.

Diabetes Type

	Type 1 Diabetes	Type 2 Diabetes
2002	81	253
2003	82	325
2004	65	384
2005	89	373
2006	88	412

Diabetes type 1 means that patients were started on insulin when they were young. Type 2 patients usually develop the disease as adults, although some teenagers also have this type. Type 2 patients start on diet and/or medication but can go on insulin at a later stage.

Reviewed

	Number	%
2000	196	73.1
2001	260	89.3
2002	242	72.5
2003	323	79.4
2004	352	78.4
2005	395	85.5
2006	395	79.0

Every diabetic patient needs to be reviewed by the practice once every year for their diabetes as a minimum.

Reviewed By :

	GP	%	Specialist	%	Shared Care	%	No Record	%
2000	100	37.3	3	1.1	33	12.3	132	49.3
2001	105	36.1	7	2.4	80	27.5	104	35.7
2002	193	57.8	7	2.1	85	25.4	49	14.7
2003	220	54.1	3	0.7	77	18.9	107	26.3
2004	274	61.0	1	0.2	76	16.9	98	21.8
2005	256	55.4	2	0.4	74	16.0	130	28.1
2006	308	61.6	2	0.4	56	11.2	134	26.8

BP Record

	Number	%
2000	237	88.4
2001	273	93.8
2002	315	94.3
2003	391	96.1
2004	435	96.9
2005	421	91.1
2006	475	95.0

Blood pressure control is very important in diabetic patients as low blood pressure reduces the risk for heart attacks and stroke. The blood pressure should be 130 or less systolic, 80 or less diastolic.

Smoking Status

	Status Known	Non Smoker	Smoker
2000	87.3	63.4	23.8
2001	77.3	64.6	12.7
2002	85.9	69.2	16.8
2003	100	87.2	12.8
2004	100	85.1	14.9
2005	86.2	73.3	12.9
2006	100	86.8	13.2

Smoking increases dramatically the risk of heart attacks, strokes and circulation problems in the legs.

Serum Creatinine

	Creat <120	%	Creat >121	%	Not Known	%	Creat> 121, On Ace	%
2001	211	72.5	34	11.7	46	15.8	18	52.9
2002	240	71.8	57	17.1	37	11.1	39	68.4
2003	304	74.6	56	13.8	47	11.5	47	100
2004	341	75.9	71	15.8	37	8.2	53	74.6
2005	399	86.4	85	18.4	49	10.6	71	83.5
2006	344	68.8	91	18.2	65	8.7	75	82.4

A complication of badly controlled diabetes is kidney failure, which leads to patients having to undergo dialysis. Serum creatinine is an indicator of the kidney function and should be less than 120. Serum creatinine rises automatically as patients get older. Patients with diabetes can be protected from kidney failure by being put on an ACE inhibitor.

Creatinine Clearance

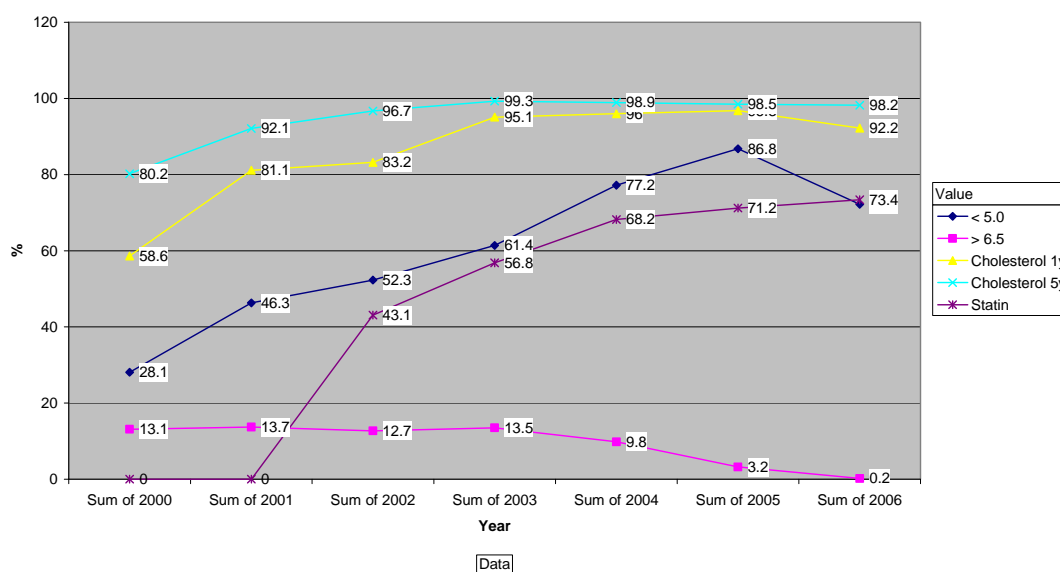
	Total	%	Creatinine CI < 100ml/min	%	Creatinine CI < 100ml/min, On ACE	%
2001	234	80.4	206	70.7	94	45.6
2002	317	94.9	272	81.4	177	65.1
2003	385	94.6	324	79.6	266	82.1
2004	410	91.3	346	77.5	250	72.3
2005	421	91.1	356	77.0	219	61.5
2006	440	88.0	390	78.0	286	73.3

Creatinine clearance is a better indicator of the kidney function. It is a formula based on the patient's sex, weight and serum creatinine. A value of more than 100ml/min is normal.

Cholesterol

	Record 5y	%	Record 1y	%	<5.0	%	>6.5	%	Statin	%
2000	215	80.2	157	58.6	62	28.1	35	13.1	-	-
2001	268	92.1	236	81.1	107	46.3	40	13.7	-	-
2002	323	96.7	278	83.2	175	52.3	41	12.7	144	43.1
2003	404	99.3	387	95.1	250	61.4	55	13.5	231	56.8
2004	444	98.9	431	96.0	347	77.2	44	9.8	306	68.2
2005	455	98.5	447	96.8	401	86.8	15	3.2	329	71.2
2006	491	98.2	461	92.2	361	72.2	1	0.2	367	73.4

Cholesterol Management in Diabetes patients 2000-2006



Serum cholesterol should be checked once a year in patients with diabetes. The level should be 5.0 or less. Regardless of the value of their cholesterol all diabetic patients should be on a statin as this reduces the risk of stroke and heart attacks.

Urine Analysis

	Microalb.	%	Microalb. On Ace	%	Alb/Creat Ratio	%
2001	24	8.2	13	54.1	-	-
2002	28	8.4	28	100	-	-
2003	66	16.2	61	92.4	301	74
2004	92	20.5	86	93.5	358	79.7
2005	153	33.1	137	89.5	345	74.6
2006	159	31.8	144	90.5	305	61.0

Once a year a urine sample needs to be checked for protein loss. Protein loss in the urine is called micro-albuminuria. Patients who have this need to take an ACE inhibitor as this protects their kidney from further damage.

Fundoscopy

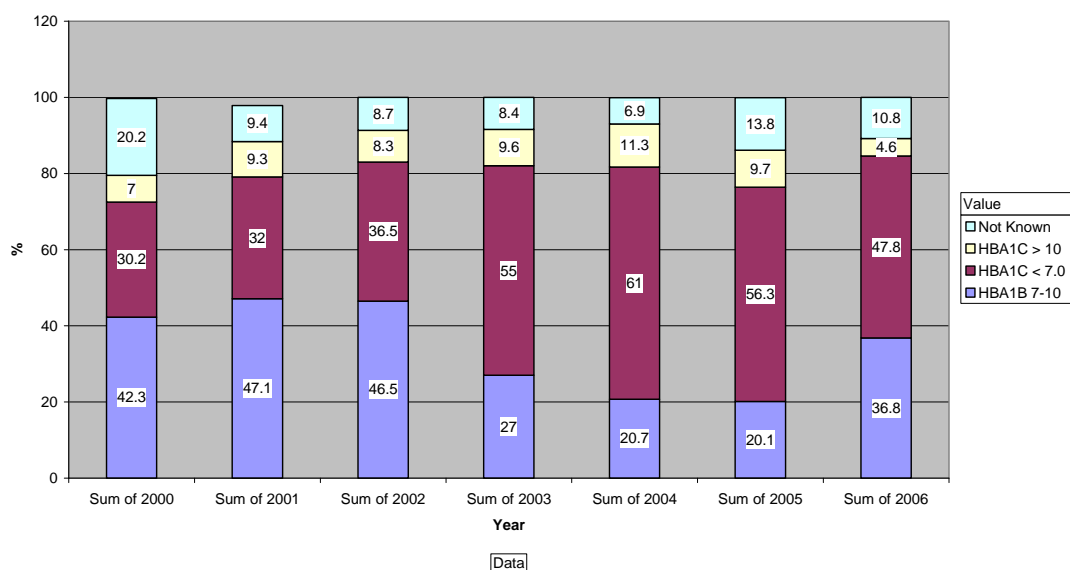
	Record	%	Referred Oph.	%	Retinop.	%	No Record	%
2000	83	30.9	16	5.9	27	10.1	-	-
2001	123	42.2	38	13.1	16	5.5	102	35.1
2002	262	78.4	55	16.5	72	21.6	72	21.6
2003	300	73.7	130	31.9	101	24.8	107	26.3
2004	375	83.5	117	26.1	145	32.3	74	16.5
2005	328	70.9	142	30.7	189	40.9	134	29.1
2006	445	89.0	152	30.4	254	50.8	55	11.0

Once a year patients with Diabetes need to have their eyes checked for complications of diabetes. This is in addition to an optician's check. Damage to the retina, the back of the eye, is called retinopathy.

HBA1C

	Record	%	0-6.9	%	7.0- 10.0	%	10.1- 16.0	%	Not Known	%
2000	214	79.8	69	30.2	97	42.3	15	7.0	33	20.2
2001	263	90.6	93	32.0	137	47.1	27	9.3	34	9.4
2002	305	91.3	122	36.5	155	46.5	28	8.3	29	8.7
2003	373	91.6	224	55.0	110	27.0	39	9.6	34	8.4
2004	418	93.1	274	61.0	93	20.7	51	11.3	31	6.9
2005	398	84.2	260	56.3	93	20.1	45	9.7	64	13.8
2006	446	89.2	239	47.8	184	36.8	23	4.6	54	10.8

HBA1C Management in Diabetic patients 2000-2006



HBA1c is the percentage of glucose attached to the patient's haemoglobin. The higher the blood sugar has been, the higher is the value of the HBA1c. It gives an indication of the average value of blood sugar over the last 3 months. HBA1c of less than 7.0 is normal.

Foot Care

	Pulse Rec	%	Pulse Pos	%	Pulse Neg	%
2001	202	69.4	185	63.6	17	5.8
2002	290	86.8	275	82.3	15	4.5
2003	349	85.7	318	78.1	31	7.6
2004	388	86.4	365	81.3	23	5.1
2005	399	86.4	388	84.0	11	2.4
2006	404	80.8	399	79.8	5	1.0

	Monofil Testing	%	Vibrat Sense	%	Advised	%	Refer Chirop.	%
2001	-	-	-	-	181	62.3	80	27.5
2002	-	-	-	-	215	64.4	82	24.5
2003	136	33.4	113	27.8	312	76.7	19	4.7
2004	380	84.6	380	84.6	321	71.4	8	1.8
2005	396	85.7	396	85.7	313	67.7	15	3.2
2006	381	76.2	381	76.2	362	72.4	5	1.0

A complication of diabetes is the development of foot problems. There can be loss of sensation and reduced circulation in the feet. Once a year this needs to be tested.

Framingham risk score

	DM 30-74	%	5y score	%	5y> 10%	%	10y score	%	10y> 15%	%
2001	220	74.6	200	68.7	86	29.6	202	69.4	127	43.6
2002	267	79.9	230	68.9	82	24.6	232	69.5	122	36.5
2003	330	81.1	285	86.4	80	19.6	283	85.7	125	30.7
2004	346	77.1	294	85	64	18.5	297	85.8	108	31.2
2005	342	74.0	274	80.1	48	14.0	287	83.9	85	24.8
2006	371	74.2	285	76.8	50	13.4	284	76.5	80	21.6

The Framingham score calculates the risk to develop heart attacks and stroke. It depends on blood pressure, cholesterol and whether patients are diabetic. A 5 year score of less than 10% is normal, a 10 year score of less than 15% is normal.

Aspirin

	DM and/or HT,CHD Retinopathy	%	DM and/or HT,CHD Retinopathy, on Asprin	
2001	258	88.7	61	39.5
2002	246	73.7	102	65.4
2003	327	80.3	256	78.3
2004	405	90.2	320	79
2005	402	87.0	275	68.4
2006	446	89.2	314	70.4

Patients with Diabetes who also suffer with hypertension, heart disease or retinopathy should take aspirin to prevent strokes and further heart attacks.

ACE Inhibitor

	DM on ACE	%	DM,55,HT,Smoker Chol>5.2,HDL<0.9 Micoalbuminuria	%	DM,55,HT,Smoker Chol>5.2,HDL<0.9 Microalbuminuria On ACE	%
2001	128	44.0	187	64.3	98	52.4
2002	199	59.6	232	69.5	158	68.1
2003	297	73.0	288	70.8	235	81.6
2004	260	56.6	316	70.4	260	82.3
2005	253	54.8	333	72.1	209	62.8
2006	374	74.8	364	72.8	299	82.1

Patients with diabetes who are older than 55, smoke, suffer with hypertension, have a cholesterol of more than 5.2 or their HDL cholesterol is less than 0.9 or suffer with micro-albuminuria should be on an ACE inhibitor to prevent complications.

Quality Indicators

	Achieved %	Required %	Points Available	Points Achieved
Register	100	100	6	6
BMI last year	97	90	3	3
Smoking Status last year	98	90	3	3
Smoking advised	100	90	5	5
HBA1C last year	95	90	3	3
HBA1C < 7.4	68	50	16	16
HBA1C < 10	87	85	11	11
Retinal screening	92	90	5	5
Record of peripheral pulses	90	90	3	3
Neuropathy testing	91	90	3	3
BP record	98	90	3	3
BP < 145/85	62	55	17	17
Urine protein record	92	90	3	3
Creatinine last year	93	90	3	3
Microalbuminuria on ACE	90	70	3	3
Cholesterol last year	95	90	3	3
Cholesterol < 5.0	76	60	6	6
Influenza vaccination	83	85	3	3
Total			99	99

Diabetic Care 2005-2006

