Management of hyperlipidemia among Type 2 diabetic patients in Hong Kong 

Primary Health care  
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Introduction
Low density lipoprotein cholesterol (LDL-C) level is an important cardiovascular risk factor in diabetic patients. Reduction of LDL-C level < 2.6 mmol/L is one of the key performance indices in evaluating quality of care for diabetic patients in primary care in Hong Kong. Multi-faceted measures have been implemented to improve lipid control among Type 2 diabetic patients in Yuen Long Madam Yung Fung Shee General Outpatient Clinic since 2013.

Objectives
1. To assess standard of lipid control among Type 2 diabetic patients followed up in our clinic. 2. To evaluate the reasons of unsatisfactory lipid control. 3. To compare percentage of Type 2 diabetic patients achieved LDL-C < 2.6 mmol/L after implementation of change.

Methodology
2 cycles of clinical audit on lipid control among Type 2 diabetic patients were carried out and completed from October 2013 to December 2014 in our center. LDL-C level < 2.6 mmol/L was set as standard. Reasons of unsatisfactory lipid control were identified. Multi-faceted interventions including educational seminars to doctors on lipid management, patient education through audio-visual display in clinic and nurse clinic intervention, patient empowerment program co-organized with non-government organizations, electronic reminder system to doctors alerting unsatisfactory lipid control, regular feedback and monthly evaluation of performance in staff meeting were implemented over a period of 15 months.
**Result**
There is an absolute increase of 15.6% Type 2 diabetic patients achieved target LDL-C level after implementation of change in this clinical audit. The percentage of patients achieved LDL-C < 2.6 mmol/L in the period from October 2012 to September 2013 was 47.7%, compared with that of 63.3% in the period from January 2014 to December 2014. Targeted multi-faceted measures aiming at doctor factors, patient factors and disease factors attributed to unsatisfactory lipid level were effective in improving lipid control among Type 2 diabetic patients in primary care.