Title:
Effectiveness of a Nurse-led Treatment Intensification Program in Treating Type 2 DM Patients and Concomitant Medical Diseases

Leung ELY(1), Yeung CY(1), Yee ASW(1), Leung CY(1), Wong YF(1), Wong KKC(1), Tan KCB(2), Chow WS(1), Woo YC(1), Hui E(2), Lam KSL(2)

(1) Department of Medicine, Queen Mary Hospital, HKSAR
(2) Department of Medicine, The University of Hong Kong, HKSAR
DM patient in SOPC HKWC

Regular review from CDARS

Diabetes Complication Assessment Program

HbA1c ≤ 7.0%

N=3179 (2011 – 2013)

HbA1c 7.1 - 8.9%

DM Educational Class:
- Dietitian counseling
- Podiatrist for foot care advise
- DM nurse for basic DM education

Diabetes Nurse Clinics:
- Intensive counseling and education
- Anti-DM treatment adjustment
- Follow up plan

HbA1c ≥ 9.0%

N=226

Back to Referring Clinic:
- Follow the recommendation from our diabetologist

N=3179 (2011 – 2013)
Interventions in DM Nurse Clinic

<table>
<thead>
<tr>
<th>Intervention</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>lifestyle modification only</td>
<td>18%</td>
</tr>
<tr>
<td>add / ↑OAD</td>
<td>42%</td>
</tr>
<tr>
<td>start insulin therapy</td>
<td>20%</td>
</tr>
<tr>
<td>insulin regimen intensified</td>
<td>20%</td>
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N=173
(3.2 ± 1.5 attendance)

Glycaemic Improvement After DM Nurse Clinic

<table>
<thead>
<tr>
<th></th>
<th>HbA1c Level</th>
<th>(p = &lt;0.001)</th>
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<tbody>
<tr>
<td>Before</td>
<td>10.1%±1.1%</td>
<td></td>
</tr>
<tr>
<td>After</td>
<td>8.4% ± 1.3%</td>
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Follow up Arrangement after DM Nurse Clinic

- N=173
  - Back to original clinic: N=101 (58%)
  - Keep Follow up in DM Clinic: N=72 (42%)
  - Referred to DM Clinic: N=36 (21%

(1.7±0.8 visits in DM Clinic)
Conclusion:

• A well-structured, nurse-led program was effective in:
  
  – improving the glycaemic control of DM patients under care of non-DM medical specialist clinics
  – minimizing unnecessary referrals to DM specialist clinic
  – waiting time for new case referrals can hopefully be reduced in the long-run