



Service Priorities and Programmes
Electronic Presentations

Convention ID: 437

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The Prevalence of Diabetic Retinopathy under Risk & Management Program (RAMP) in Kowloon West Cluster

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Keywords:

Diabetic Retinopathy

Risk & Management Program

RAMP

Primary Care

Introduction

Diabetic retinopathy (DR) is prevalent among all diabetic patients worldwide. A systemic diabetic retinopathy screening is proven to be important in order to have early detection and prevention from progressing to more severe stages. DR screening in Kowloon West Cluster started in 2010. It includes fundus photos taking and reviewing by optometrists. A continuous quality assurance system is incorporated to ensure individual optometrist's grading performance was competence. Patients are either scheduled for subsequent visit in 6 months, 1 year or referred to Ophthalmology department for further assessment.

Objectives

To evaluate the outcomes of the DR screening program especially on the prevalence of DR in two different periods (Nov 2010 to Dec 2010 & Aug 2012 to Nov 2012).

Methodology

All fundus photos were reviewed & graded by Optometrists. The results were analyzed. Demographic data were collected from CMS.

Result

In the period of Nov-Dec 2010, the total number of patients was 1,409. The mean duration of DM was 7.92 years. The mean age of patient was 65. The mean Hba1c was 7.2. In the period of Aug-Nov 2012, the total number of patients was 8,715. The mean duration of DM was 7.89 years. The mean age of patient was 65. The mean Hba1c was 7.6. The prevalence of DR were 42.23% in 2010 & 41.35% in 2012. Of which, pre-proliferative DR (pre-PDR) & proliferative DR (PDR) types accounted for 2.41% in 2010 & 1.88% in 2012. The prevalence of having diabetic maculopathy were 7.95% in 2010 & 5.08% in 2012 accordingly. Conclusion Significant prevalence of DR was detected in both periods. The prevalence of pre-PDR & PDR & diabetic maculopathy decreased in 2 years time. It could be due to having DR screening which allow early detection & thus prevent progression of the disease. The referral rate decreased as well because of the improvement of VA taking procedure, more

sophisticated photo capturing techniques & some severe cases had been referred & followed by Ophthalmology Department. Therefore, a continuous systemic DR screening procedure is of vital importance & beneficial to diabetic patient care. Further investigation In the future, a longitudinal study of DMR grading on individual patient could be of high clinical interest to evaluate the change & progression of the condition. Moreover, the effectiveness & outcome of the referral system could also be investigated.