



Service Priorities and Programmes
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Outcome of Dietetic Intervention in Risk Assessment and Management Programme of Diabetes (RAMP-DM) in KCC Primary Care Clinics

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Introduction

Diabetes is a common chronic disease encountered in the primary care. The Risk Assessment and Management Programme of Diabetes (RAMP-DM) was established in the General Out Patient Clinics (GOPCs) of KCC since 2010, and the dietetic service has provided the individual counseling, dietary assessment and meal planning to help patients in achieving their optimal blood glucose control.

Objectives

To evaluate the outcome and effectiveness on glycated hemoglobin (HbA1c), fasting blood glucose (FBG), blood cholesterol (TC), high density lipoprotein cholesterol (HDL), low density lipoprotein cholesterol (LDL) and triglycerides (TG) between the dietary intervention group and defaulted group (no dietary intervention).

Methodology

Diabetic patients who were highly motivated for dietetic counseling would be recruited in this programme. Patients were arranged to attend 1-2 dietary consultations focusing on individual meal planning and DM diet management that was conducted by dietitian at Yau Ma Tei Jockey Club General Out-patient Clinic (YMTJCC), Shun Tak Fraternal Association Leung Kau Kui Clinic (FALKK) and Central Kowloon Health Centre (CKHC). Some diabetic patients who defaulted to attend dietary intervention would be put into defaulted group as control. Both groups of patients regularly received the same treatment modalities such as medical consultation and nursing intervention. The independent paired t-test was used to compare the mean value of each data of HbA1c, FBG, TC, HDL, LDL and TG. Data of both groups were collected within six to nine months period.

Result

From November 2010 to August 2012, 705 patients were included in the dietary intervention group and 284 patients were included in the defaulted group. 1)Both groups have shown significant improvement in HbA1c, TC, LDL and TG during the

study period 2)The group who attended dietary counseling has achieved greater reduction in HbA1c (-1.06% v.s. -0.49%, $p=0.015$) and FBG (-0.12mmol/L v.s. -0.28 mmol/L, $p=0.009$) when compared to the defaulted group Dietary management was effective in improving blood glucose control in diabetic patients. The outcome enlightens the future improvement direction of dietetic service and enhances patients' care in the primary care setting.