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The Effectiveness of Dietitian-led Diabetes Program on Diabetic Control in Queen Mary Hospital

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Introduction

Individual diagnosed with diabetes mellitus (DM) should be referred to a registered dietitian (RD) for medical nutrition therapy (MNT). Randomized controlled trials (RCT), systematic and Cochrane reviews had demonstrated the effectiveness of MNT for improving glycemic control.

Objectives

To evaluate the effectiveness in diabetic control of patients who had attended a DM program provided by RDs at Queen Mary Hospital (QMH).

Methodology

A retrospective analysis of 207 adult patients with type 2 diabetes mellitus (T2DM) who had attended a DM program at the department of dietetics in QMH within the year of 2015 are reported. The DM program was conducted by RDs at QMH and included a one-hour DM class followed by individual dietetics outpatient consultations 3 months after the class. Dataset including patients' Body Mass Index (BMI), body weight (BW), body height (BH), HbA1c and fasting blood glucose (FBG) before and after intervention were retrieved from the Clinical Management System. Descriptive statistics were used to summarize the baseline characteristics of demographic and clinical parameters. Differences in anthropometries were tested using independent t-tests for continuous variables or chi-square tests for categorical variables. The changes in clinical parameters were examined using independent t-test.

Result

It was found that patients' BMI were significantly reduced by 0.5kg/m² (1.7%) and FBG was also significantly decreased by 0.6mmol/L (7.1%) after the intervention

(p7% at baseline), a significantly better reduction of 1.6mmol/L (16.3%) in FBG and 1.1% (12.4%) in HbA1C were found as compared to 0.1mmol/L (0.7%) in FBG and 0.2% (3.1%) in HbA1C in the good BG group (HbA1C <0.05,p