



Service Priorities and Programmes Electronic Presentations

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Review of body weight and diabetes control of type 2 DM patients after dietetic intervention

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Introduction

Medical nutrition therapy (MNT) is one of the cornerstone of diabetes management. Each diabetic patient should be actively engaged in self-management, education, and treatment planning with his or her health care team.

Thus, apart from diabetes care from endocrinologists and nurses at OLM, patients are accessible to nutritional care from dietitians. Once patients are newly diagnosed with diabetes, they are referred to dietitians for MNT. Dietitians then provide tailor-made individual nutritional assessment and intervention.

Objectives

To improve the body weight and diabetes control of type 2 DM patients

Methodology

A retrospective review of type 2 diabetic patients discharged from Dietetic Department from 2014 to March 2016 was conducted. These patients either attended a Diabetes Group Education or an individual consultation session in DM clinic for their first appointment. They were then offered individual follow up appointments every ~3 months.

Patients' body weight (BW), body mass index (BMI) and glycated haemoglobin (HbA1c) on their first appointment were compared with those recorded on follow up appointment to evaluate the outcomes of dietetic interventions.

Result

A review of 507 patients was conducted in 2016. The Wilcoxon Signed Ranks test showed that their BW (Median: 65.6 vs 64.9kg, $Z=-6.292$, $p<0.001$), BMI (Median: 26.0 vs 25.7kg/m², $Z=-6.350$, $p<0.001$) and HbA1c (Median: 7.2 vs 6.9%, $Z = -8.555$, $p<0.001$) decreased significantly when they attended their first follow up appointment. Among them, 229 patients were on diet control only. Paired t-test showed that BW (Mean: 67.4 vs 66.2kg, $p<0.001$) and BMI (Mean: 26.8 vs 26.3kg/m², $p<0.001$)

decreased significantly. The Wilcoxon Signed Ranks test also showed that HbA1c improved with significance (Median: 6.5 vs 6.4%, $Z = -4.939$, $p < 0.001$). For overweight/obese group (BMI > 24.9, 319 patients) from the above 507 patients. Their BW (Median: 70.7 vs 70.4 kg, $Z = -5.798$, $p < 0.001$), BMI (Median: 28.0 vs 27.6 kg/m², $Z = -5.843$, $p < 0.001$) and HbA1c (Median: 7.0 vs 6.9%, $Z = -7.265$, $p < 0.001$) reduced significantly. Significant improvements in BW, BMI and HbA1c were observed in the subjects after dietetic interventions.