

Pre-doctor Consultation Nurse Education for Sub-optimal DM Control Patients in Chai Wan General Out-patient Clinic

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BACKGROUND

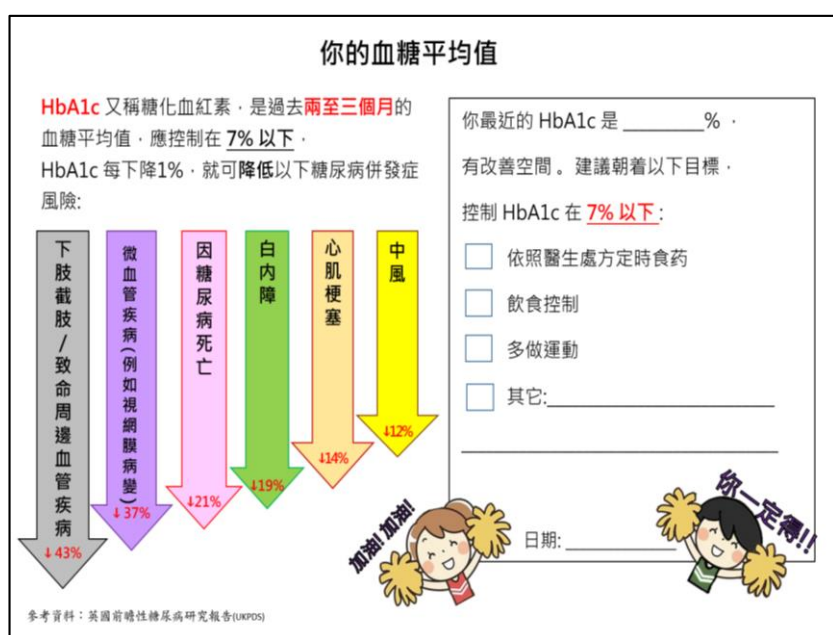
Hemoglobin A1c (HbA1c) is the average amount of glucose attached to hemoglobin over the past three months. The American Diabetes Association recommends maintaining A1C levels **below 7%** for most people, it can delay or prevent complications. In Chai Wan General Out-patient clinic (CW GOPC), there are 3800 Diabetes (DM) patients, around 930 of them had sub-optimal HbA1c ranging from 7-7.5%. With an increasing DM population, complication screening would be arranged every 2 to 3 years; although nurse education and referral to allied health team (e.g. Dietitian) was provided; regimen adherence problems are common, making glycaemic control difficult to attain and sustain.

OBJECTIVE

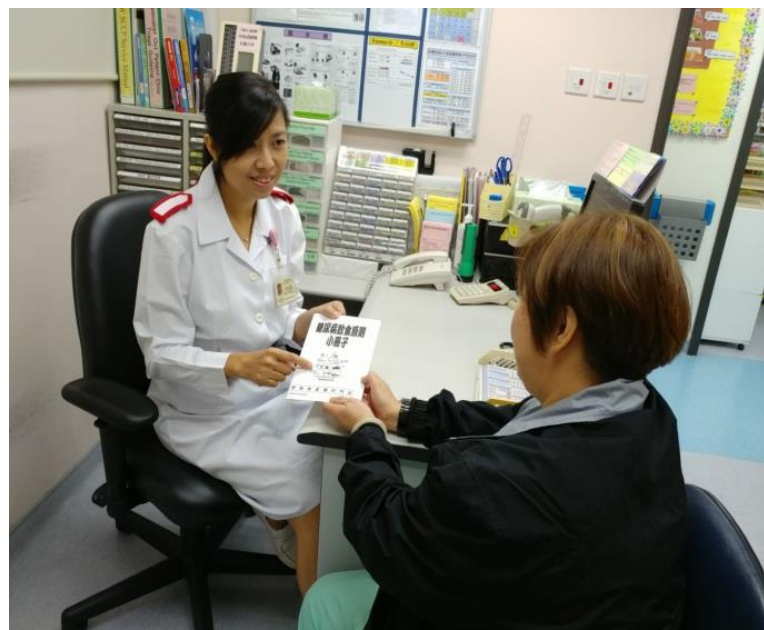
- To optimize DM control of patients with suboptimal HbA1c ranging from 7% - 7.5%
- To find out patients' hidden problem/s of fair DM control
- To empower patients of DM knowledge and self-management
- To facilitating doctors' consultation process

METHODS:

Nurses screened out DM patients who followed up in CW GOPC with age ≤ 75 and HbA1c 7% - 7.5%. Before doctor consultation, brief intervention of about 5-10 minutes was given: informed the recent HbA1c result, explained relationship of HbA1c with DM complications and target HbA1c; checked drug compliance and lifestyle adherence. After that, brief education would be provided. For patients who refused DM drug titration before, nurse would ask for their willingness to titrate. A reminder would be given to case doctor about patients' problem and education provided. Case doctor would prescribe Hba1c test before next follow up.



Explained the relationship of HbA1c with DM complications and target hba1c

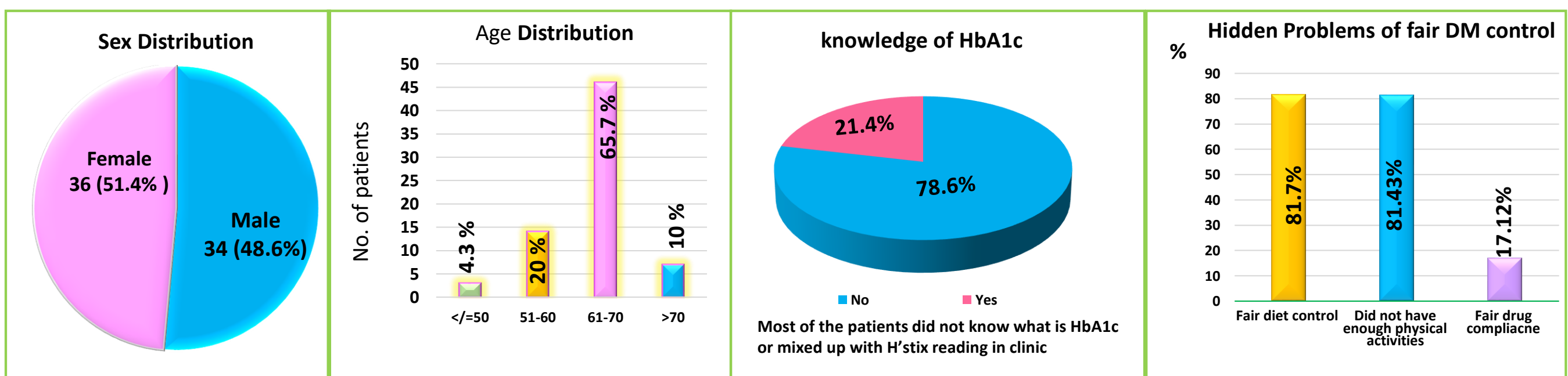


Checked compliance of patients and provided brief education

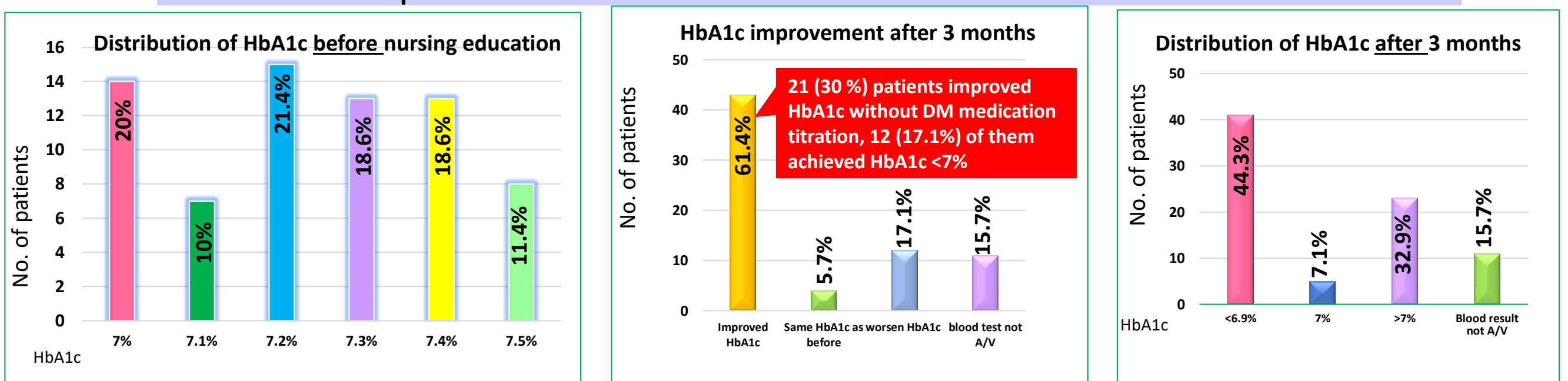
A reminder would be given to case doctor about patients' problem and education provided

OUTCOME

From 18 Nov 2019 to 23 Feb 2020, **70 patients** were recruited by convenient sampling



Comparison of HbA1c before and after Pre-doctor Consultation Nurse Education



CONCLUSION:

DM patients keeping HbA1c $\leq 7\%$ is important. Nurses providing intervention for sub-optimal control DM patients before doctor consultation can help finding out patients' problem/s, facilitating the consultation process and improving disease control.