

# Action on Diabetes, Blood Pressure and Cholesterol

## ABC Clinic

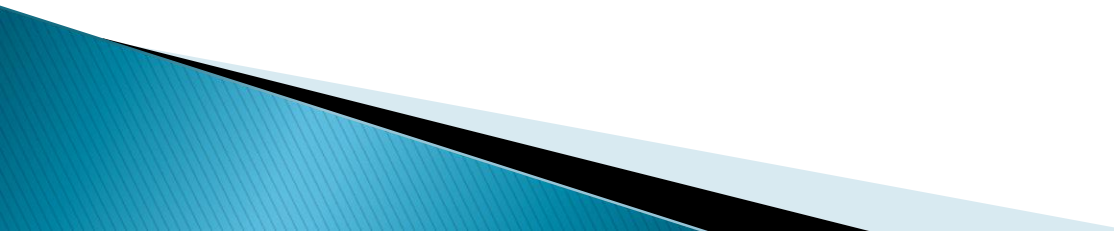


Natasha Jacques, Principal Pharmacist–Diabetes,  
Heart of England NHS Foundation Trust

# What is the ABC clinic?

- ▶ Novel clinic to help with complex patients
  - Pharmacist-led (prescriber) diabetes clinic in secondary care

Referral criteria is patients with diabetes with **two** or more of the following;

- Suboptimal BP
  - Suboptimal lipid profile
  - Suboptimal HbA1c
  - Adherence issues
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# ABC clinics

- ▶ Appointment
  - 1st appointment 40 minutes
  - Follow up appt 20–30 minutes
- ▶ Frequency of ABC visits negotiated with pt
- ▶ Telephone support offered between visits
- ▶ Formal education offered
- ▶ Support
  - DSN & MDT support where needed
  - Usual care with GP/diabetologist

# Pharmacist interventions

## Glycaemic Interventions

### ▶ Insulin Basics

- Re-enforcement of insulin basics
- Hypo management
- Injection sites
- Meter checks

### ▶ Personal target (realistic!)

- Blood sugar profiles

### ▶ Motivating patients and goal setting

- Empowering & Self management

### ▶ Dose titration and changes in regimen

- Telephone support

### ▶ Identify and resolve adherence issues

# Pharmacist Interventions

- ▶ Goal setting
  - Salt reduction in diet & losing weight
  - Activity levels
  - Smoking cessation
  - Home BP monitoring/ ABPM
- ▶ Referral to MDT e.g. dietician, renal, psychologist
- ▶ Identify and resolve adherence issues + utilisation of MUR process
  - Liaising with community pharmacies about blister packs & access repeat prescription collection/delivery service

# ABC Audit

- ▶ 112 patients included in the ABC audit
  - 102 pts Type 2
  - 10 pts Type 1
- ▶ HbA1c
- ▶ Blood pressure (BP)
- ▶ Cholesterol
  - Recorded at baseline (prior to ABC clinic referral) and at clinic points 6, 12, 18, 24 months (or discharge from ABC if earlier)
  - Absolute changes from baseline were calculated and statistical differences determined
- ▶ Patient satisfaction, with the ABC clinic and pharmacist were assessed using a self completion postal questionnaire.

# HbA1c Results

- ▶ Statistically significant reductions were also seen in HbA1c
  - At 6 months mean reduction = 0.7%
  - At 12 months = 1.0%
  - At 18 months = 1.1%
  - At 24 months = 1.1%
  - Discharge = 1.2%
- ▶ On discharge
  - 80.9% of ABC patients had lower HbA1c
  - 44.7% achieved NICE target  $\leq 7.5\%$
  - Compared to 9.8% prior to ABC

# Blood Pressure Results

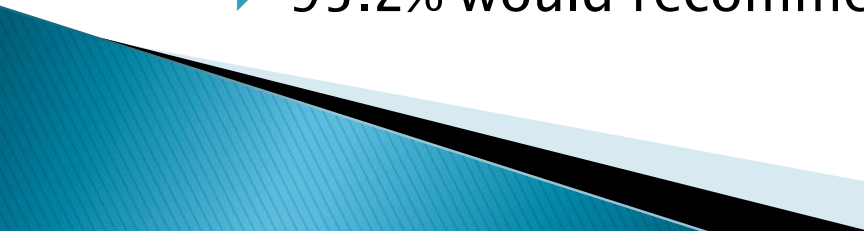
- ▶ Statistically significant reductions in BP were seen at each clinic time point when compared to baseline.
  - At 6 months mean reduction = 9/3mmHg
  - 12 months = 10/4mmHg
  - 18 months = 17/7mmHg
  - 24 months = 14/8mmHg
  - Discharge = 18/9mmHg
- ▶ On discharge
  - 77% of patients ↓ systolic & 68% ↓ diastolic.
  - 49% achieved NICE target  $\leq 130/80$ mmHg
  - Compared to 10.7% prior to ABC



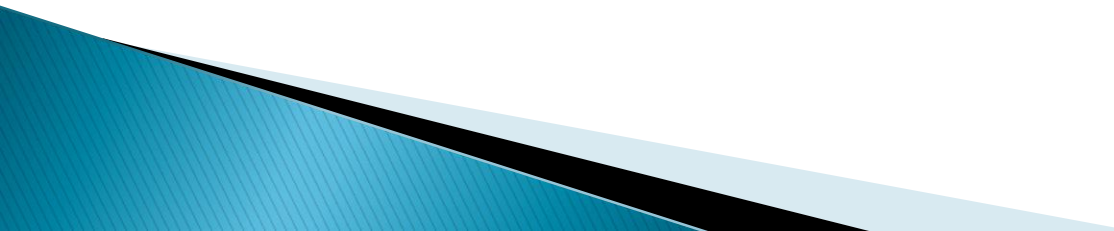
# Total Cholesterol Results

- ▶ Statistically significant reductions were also seen in TC at each clinic time point
  - At 6 months mean reduction = 0.5mmol/L
  - At 12 months = 0.5mmol/L
  - At 18 months = 0.6mmol/L
  - At 24 months = 0.3mmol/L
  - Discharge = 0.6mmol/L
  
- ▶ On discharge
  - 61.5% lower cholesterol
  - 71.8% achieved NICE target  $\leq 4.0$ mmol/L
  - Compared to 42% prior to ABC

# Questionnaire results

- ▶ 43 questionnaires completed (37.7% return rate)
  - ▶ Majority rated the pharmacists' advice as good, and stated that they found the ABC pharmacist helpful and supportive.
  - ▶ 88.1% said attending the ABC clinic has improved their understanding of diabetes.
  - ▶ 82.1% said they had improved their lifestyle since attending the ABC clinic.
  - ▶ 85.7% said they monitor their blood glucose more regularly since attending the ABC clinic.
  - ▶ 92.9% trust the pharmacists ability to advise them on medication and diabetes.
  - ▶ 95.2% would recommend the ABC clinic to others.
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# Summary

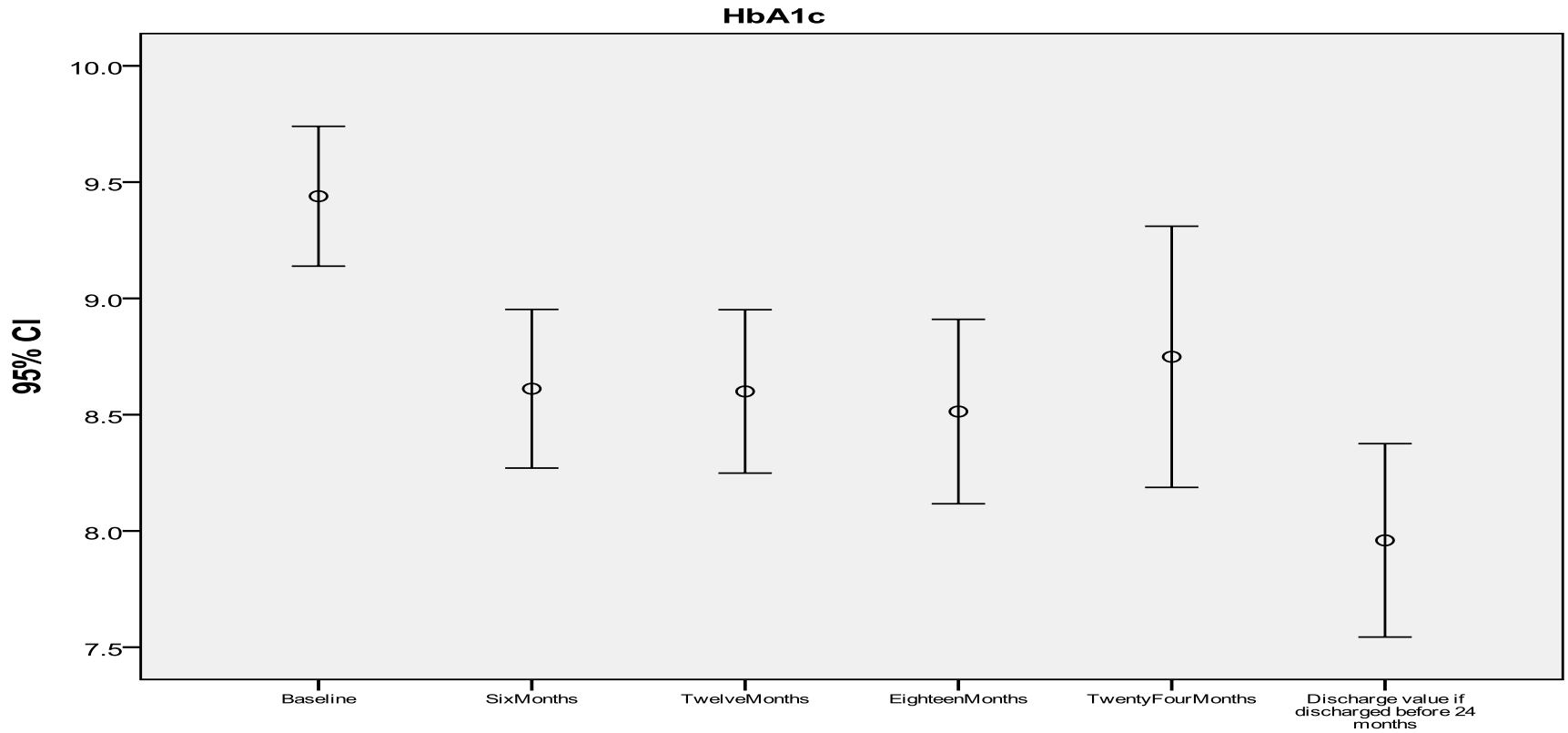
- ▶ Adding a pharmacist to diabetes MDT can significantly
  - ▶ ↓ **systolic and diastolic BP**
  - ▶ ↓ **HbA1c**
  - ▶ ↓ **cholesterol**
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# Any questions?



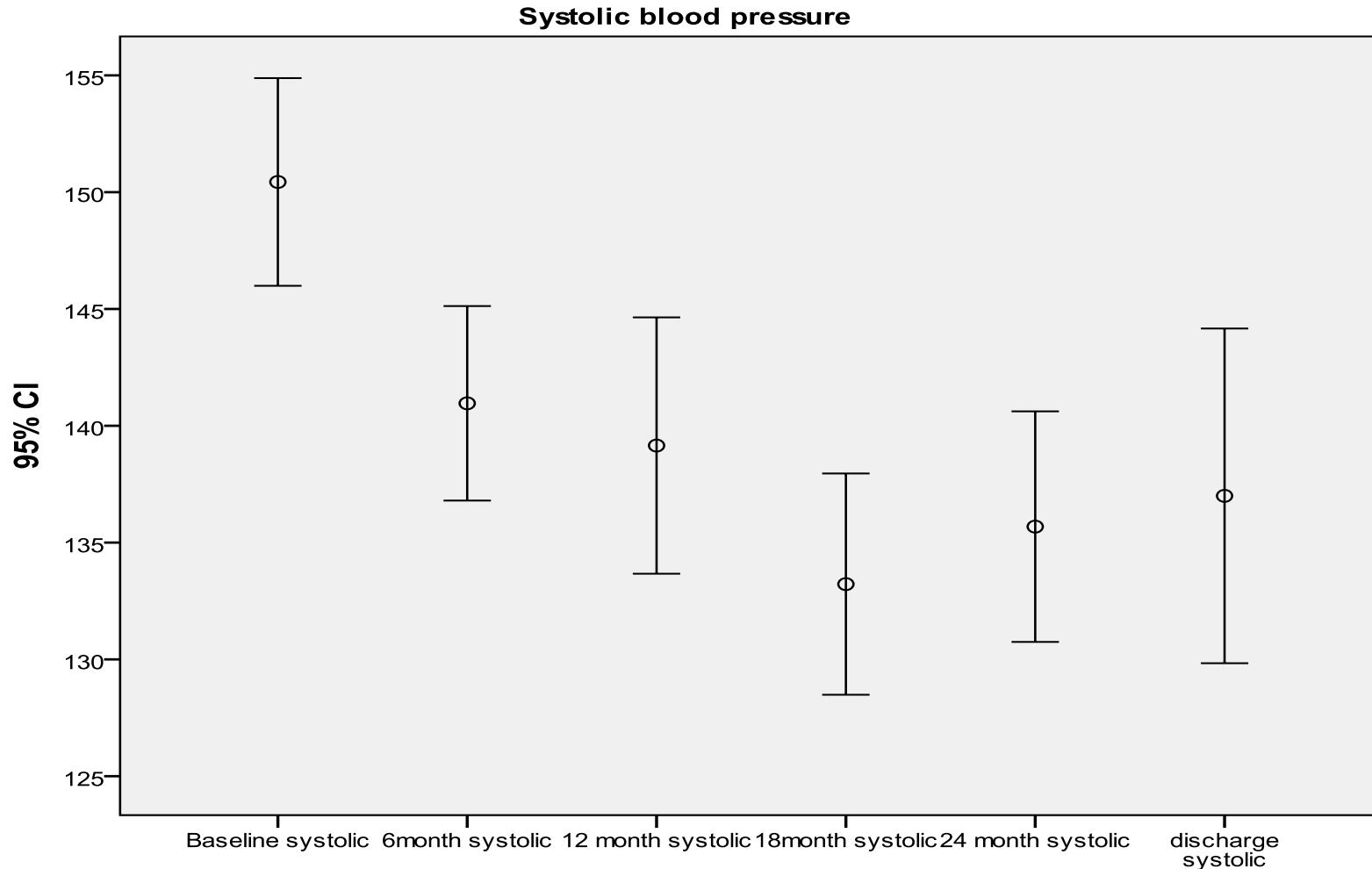
# HbA1c Results

Error bar plot of HbA1c illustrating the mean and 95% confidence limits at each clinic time point.



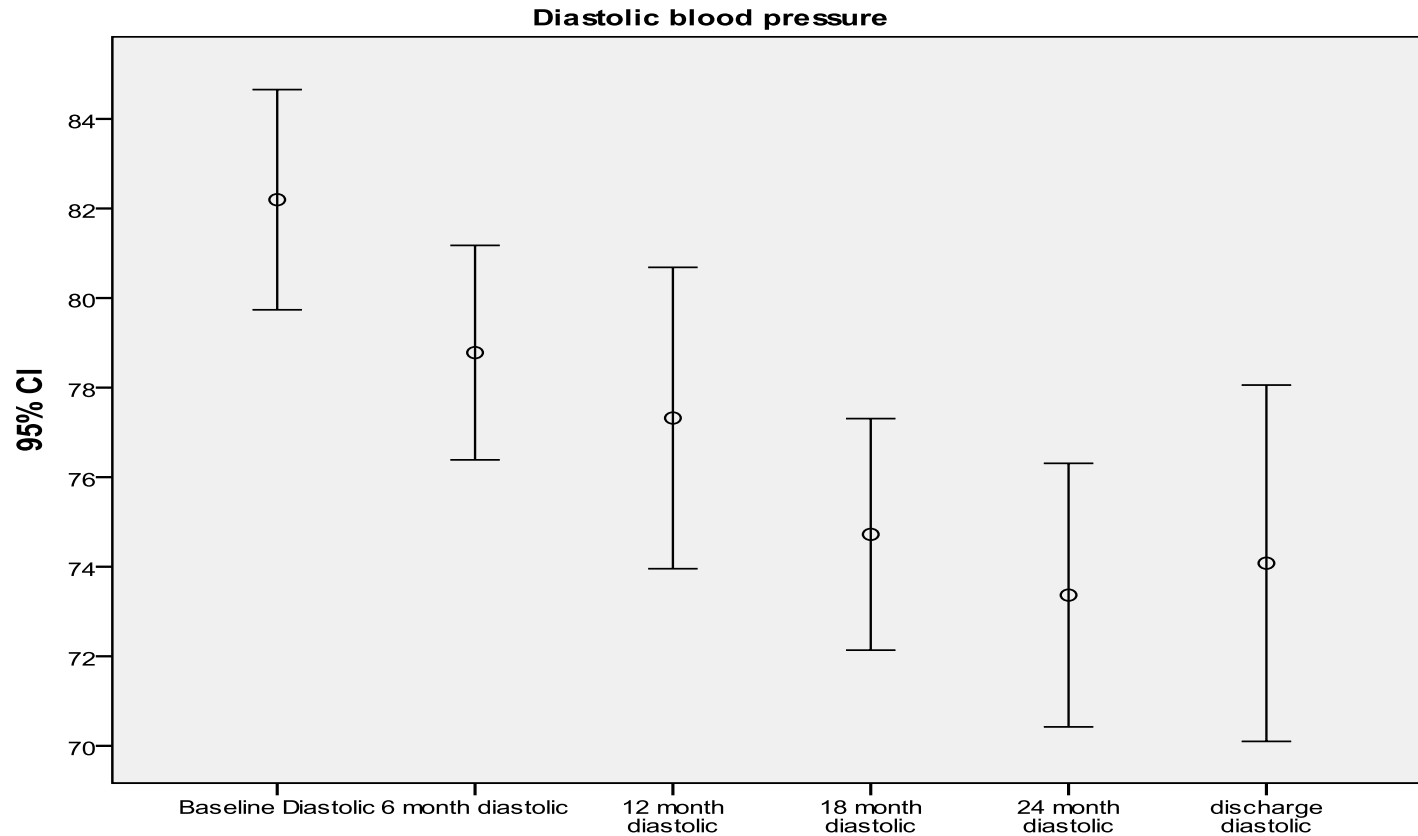
# Systolic BP

Error bar plot of systolic BP illustrating the mean systolic BP and 95% confidence limits at each clinic time point.



# Diastolic BP

Error bar plot of diastolic BP illustrating the mean diastolic BP and 95% confidence limits at each clinic time point.



# Total cholesterol

Error bar plot of TC illustrating the mean and 95% confidence limits at each clinic time point.

