A prospective study of prevalence of uncontrolled glycemia in type 2 diabetes mellitus outpatients

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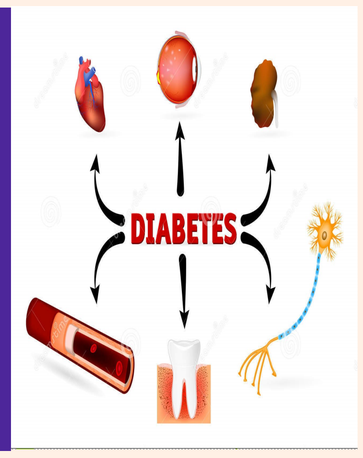

INTRODUCTION

Uncontrolled diabetes is a non-specific diagnosis, which reveals the patient's blood sugar level is not kept within acceptable levels by the current medications. This leads to significant morbidity and mortality that could be reduced with proper glycemic control. American Diabetes Association (ADA) recommends the HbA1c test to be performed in all diabetic patients, as part of continuing care. HbA1c reducing by 1% can cut mortality risk within 5 years by 50%.

OBJECTIVE

To determine the prevalence of uncontrolled glycemia in type 2 diabetic outpatients in endocrine clinics at Penang General Hospital, between June– December 2015 in Penang, Malaysia.

METHODS

Prospective cross sectional study was followed. Patients records of 757 cases were reviewed to identify demographic criteria and lab tests at the last patient's visit. The prevalence of glycemic control (Glycated haemoglobin, HbA1C < 7% for patients < 65 years, and < 8% for patients > 65 years) was estimated, according to ADA guidelines. The results were presented as descriptive statistics.

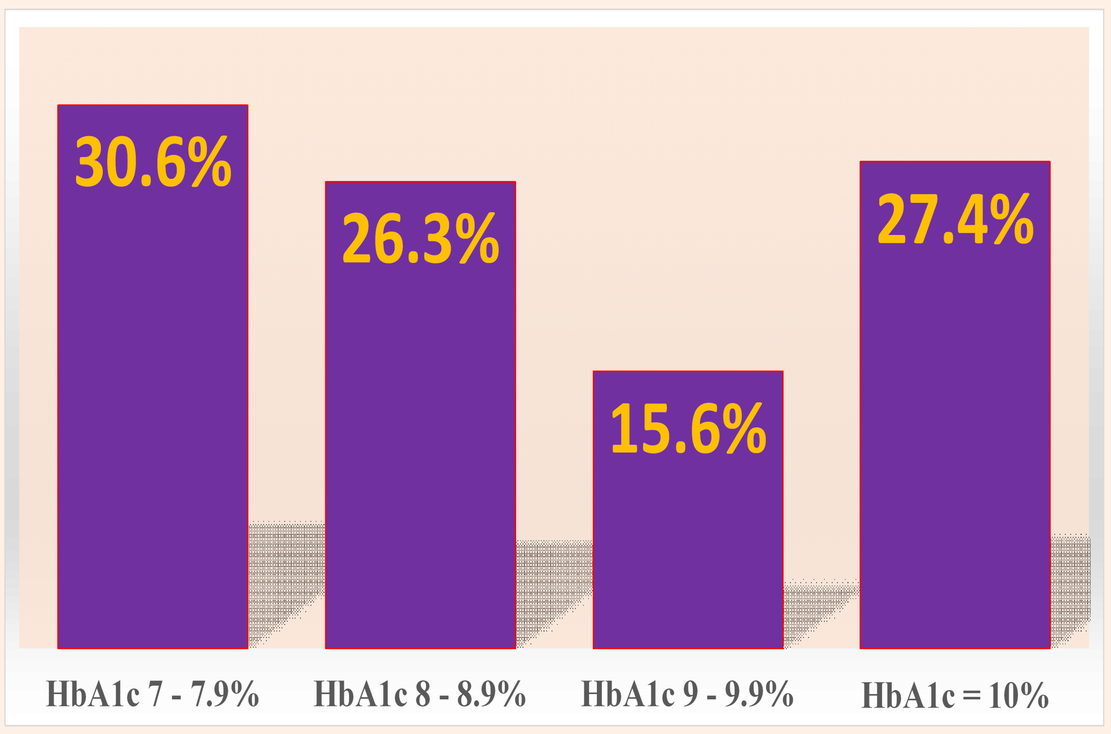

Fig. 1 Frequency distribution of uncontrolled glycemia among type 2 diabetic outpatients

RESULTS

From 757 diabetic cases were scanned with a mean age of 64.1 ± 8.9 years. Only 385 (50.9%) patients from this 757 cases, had controlled glycemia while 372 (49.1%) cases had uncontrolled glycemia. Patients with (HbA1c 7–7.9%) were 114 (30.6%), patients with (HbA1c 8–8.9%) were 98 (26.3%), patients with (HbA1c 9–9.9%) were 58 (15.6%) and patients with (HbA1c ≥ 10%) were 102 (27.4%).

CONCLUSION

Nearly half of the patients had uncontrolled glycemia which needs more efforts to control their blood glucose level. More than quarter of patients with uncontrolled glycemia had HbA1c ≥ 10%, which increases the risk of diabetic complications incidence. Controlling for blood glucose level will improve patients' outcome, quality of life and decrease the total cost of illness.

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