

Physician's Compliance with Diabetic Guideline

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Objective: To assess the blood sugar control of type 2 diabetic patients at primary health care (PHC) setting and physician's compliance to the diabetic guideline.

Setting: Bahrain Defense Force Hospital, Primary Health Care, Bahrain.

Design: A Retrospective Study.

Method: A retrospective analysis of type 2 diabetic patients from January to December 2009 and from January to December 2014 was performed. The following were documented: personal characteristics, history intake, physical assessment, investigations and patients' education. Physician's compliance and glycemetic control were assessed.

Result: One hundred ninety-four patients in 2009 and 100 in 2014 were reviewed. In 2009, 123 (63.4%) had two visits to the diabetes clinic, compared to 43 (43%) patients in 2014. In 2009, 18 (9.3%) patients had HbA1c \leq 6.5% and 14 (14%) patients in 2014.

In 2009, the following were assessed: weight in 175 (90.2%), blood pressure in 187 (96.4%), feet in 185 (95.4%), fundus in 173 (89.2%) and neurological examinations in 157 (80.9%), compared to 2014, 77 (77%), 95 (95%), 47 (47%), 78 (78%) and 44 (44%) respectively.

In 2009, the following investigations were performed: creatinine in 177 (92.1%), lipids in 189 (97.4%), microalbuminuria in 166 (85.6%) and HbA1c in 166 (85.6%) compared to 2014, 100 (100%), 100 (100%), 100 (100%), and 100 (100%) respectively.

Conclusion: Overall physician's compliance with PHC diabetic guideline is 73.2% in 2009 compared to 47% in 2014. The majority of patients had poor glycemetic control. Smoking history was rarely documented and foot care advice was given to 11% of the patients.