

Bitter Sweet : Impaired Glucose Regulation an Early diagnostic Tool for Diabetes

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Impaired Glucose Regulation

- A blood glucose level that is above the normal range, but is not high enough for the diagnosis of Type 2 diabetes



Impaired Glucose Regulation

- IGR : Used to describe impaired fasting glucose and/or Impaired Glucose Tolerance
- IFG : Fasting plasma glucose between 6.1 – 6.9 mmol/l
- IGT : Fasting plasma glucose <7 mmol/l + an OGTT > 7.8 mmol/l and <11.1 mmol/l
- HbA1c : 42 – 47 (mmol/mol)

AIMS

- Early diagnosis and treatment of patients with Type 2 Diabetes
- Reduction in mortality and morbidity from CVD
- Prevention or delay of diabetes
- Patient awareness



HOW?

- Annual recall to attend Practice Nurse
- 15 minute Nurse consultation
- Blood Tests(HbA1c & Fasting Lipids)



- Risk assessment (BP, Weight, +/- smoking advice, diet and lifestyle advice)
- Access to dietician



PRE REGISTER

- No follow up
- No dietary advice
- No structured care – ad hoc
- Multiple issues at diagnosis
- The ‘Shock Factor’
- Diabetic Clinics
- Staff training



THE REGISTER

- Set up in 2008
- 1 Nurse maintains register
- 193 patients on the register



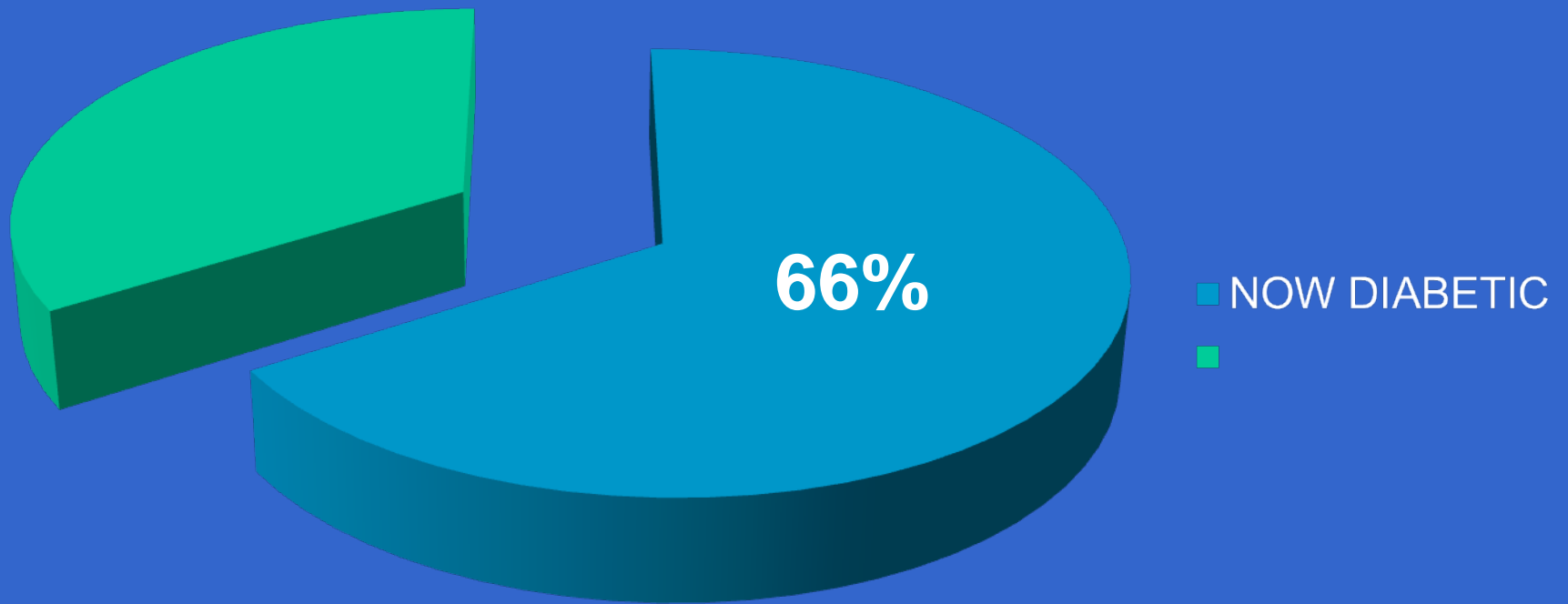
RESOURCES

- Impaired Glucose Register
- Education Literature
- Recall letter template
- Switch from OGTT to HbAc1 testing
- Fee agreed
- Single person responsible for register

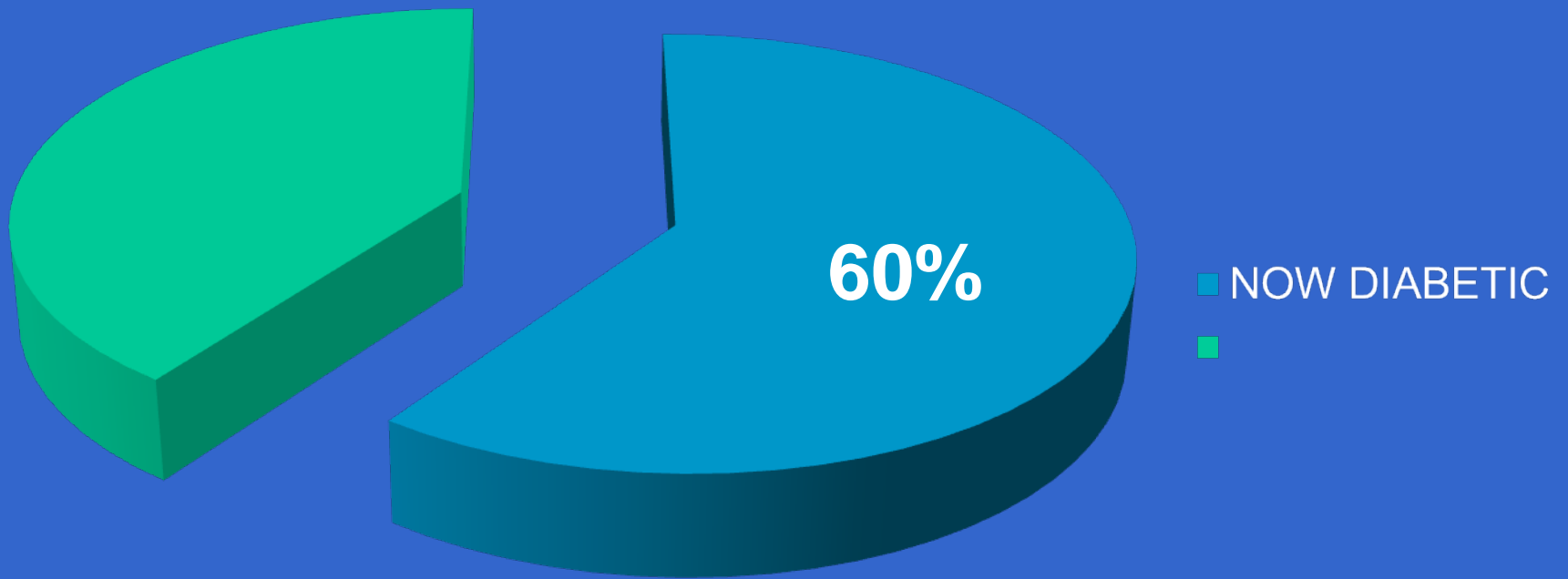
RESULTS



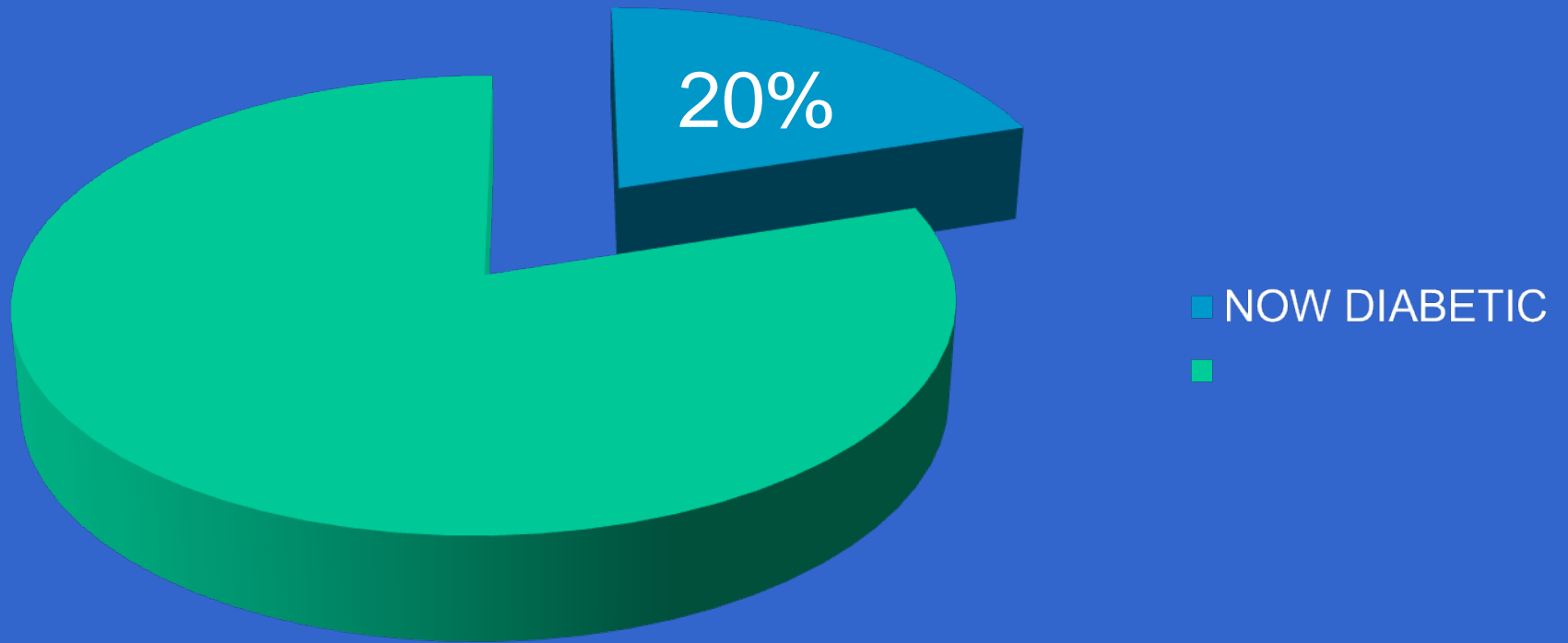
PRE 2008



2008 - 2010



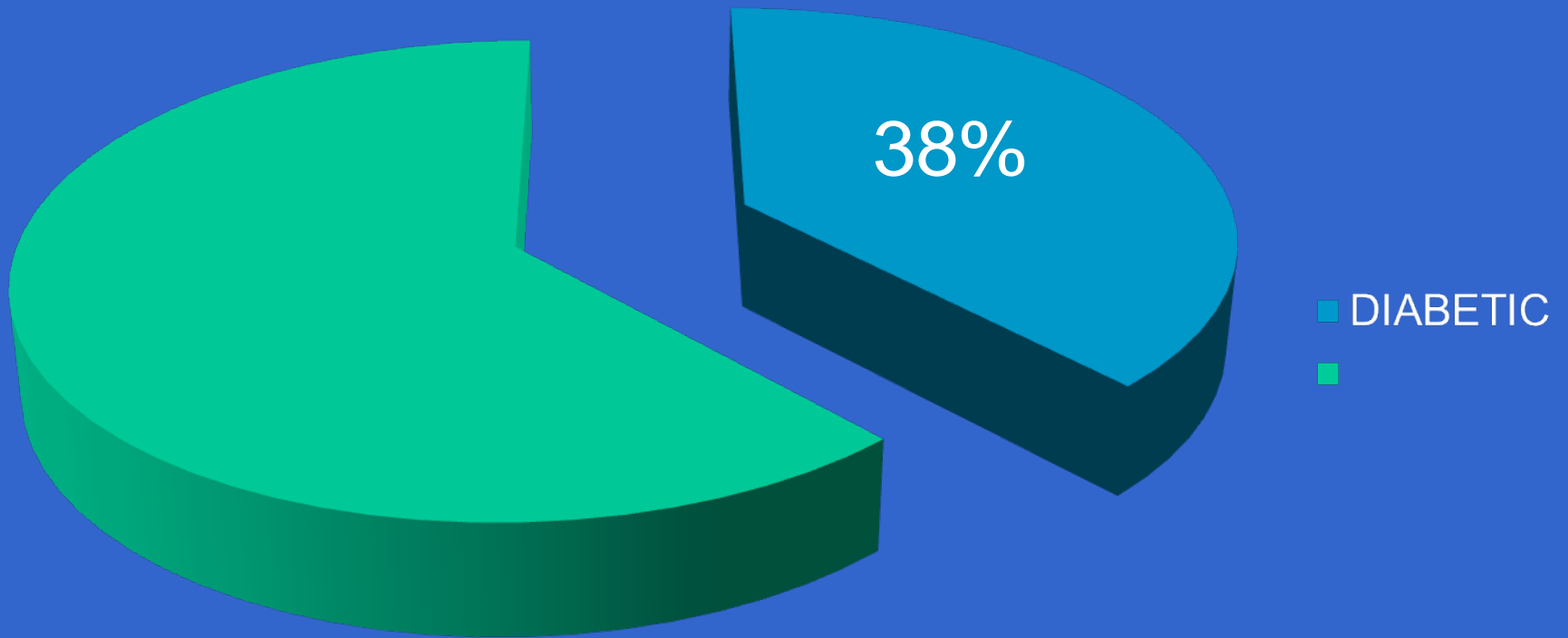
2010 - 2013



2013 – present



OVERALL RESULT



SUMMARY

- Interval time between diagnosis of IGR and diagnosis of diabetes :
 - Minimum 1 year
 - Maximum 10 years
 - Mean 2 years
 - Average 4 years



ACHIEVEMENTS

- Early detection and treatment
- Prevention of long term complications
- Greater awareness of risks
- Prevention of diagnosis in some cases



THANK YOU



References

- A Practical Guide To Integrated Type 2 Diabetes Care – Dr. Velma Harkins (2008)
- Diabetes UK Position statement: Impaired Glucose Regulation / Non Diabetic Hyperglycaemia / pre diabetes (September 2009.)
- American Diabetes Association (ADA)
- Use of Glycated Haemoglobin(HbA1c) in the Diagnosis of Diabetes Mellitus (Abbreviated Report of a WHO Consultation) 2011