A patient-centred clinical approach to diabetes care assists long-term reduction in HbA1c

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Summary: Outcomes are reported from an audit comprising a before-and-after assessment of 185 patients referred to the GPSI Diabetes service – a patient-centred intervention for diabetes management – between 2008 and 2010. The aim of this audit was to determine if this patient-centred intervention improves diabetes care, as measured by changes in glycosylated haemoglobin (HbA1c). The GPSI Diabetes service is a community-based service, run by a general practitioner with a specific interest (GPSI) in diabetes, and a practice nurse. Adults with diabetes are referred to the service by their GP and care is provided using a set of loosely structured diabetes-specific patient-centred approaches. Following a series of visits, patients are discharged back to their GP. At intake, baseline HbA1c was higher among Māori than among New Zealand Europeans. This difference was reduced by the patient-centred intervention. Immediate and sustained (two-year) improvements in HbA1c were observed in both New Zealand Europeans and Māori with type 2 diabetes and type 1 diabetes. Completed patient and GP satisfaction questionnaires did not contain any negative feedback, but the response rate was low among patients.

Comment: Useful information here about how to apply the concept of ‘patient-centred care’ in clinical practice.


Abstract

Independent commentary by Dr Matire Harwood

Dr Matire Harwood (Ngapuhi) has worked in Hauora Māori, primary health and rehabilitation settings as clinician and researcher since graduating from Auckland Medical School in 1994. She also holds positions on a number of boards, committees and advisory groups including the Health Research Council. Matire lives in Auckland with her whānau including partner Haunui and two young children Te Rangiura and Waimarie.

Research Review publications are intended for New Zealand health professionals.

Disclaimer: This publication is not intended as a replacement for regular medical education but to assist in the process. The reviews are a summarised interpretation of the published study and reflect the opinion of the writer rather than those of the research group or scientific journal. It is suggested readers review the full trial data before forming a final conclusion on its merits.

A short report on the oral health of elderly people is available

Oral Health in Advanced Age: Findings from LiLACS NZ presents key findings about the oral health of Māori (aged 80 to 90 years) and non-Māori (aged 85 years). The findings are from a population-based sample of people in advanced age living in the Bay of Plenty, who are taking part in a longitudinal study of advanced ageing, called Life and Living in Advanced Age: a cohort study in New Zealand - Te Puiwaitanga o Ngā Tapuwae Kia Ora Tonu (LiLACS NZ). The report was funded by the Ministry of Health and produced by the LiLACS NZ research programme which is led by Professor Ngaire Kerse. Additional short reports will be released in the coming months including: Alcohol use, Falls, Primary care, Medication use and Income. These reports will be useful to those working in the health sector to improve the health of the elderly population.

The report is available to download at: https://www.fmhs.auckland.ac.nz/en/faculty/lilacs/research/publications.html

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