

Diabetes Care and Outcomes

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Objective: To evaluate diabetes care, outcomes and compliance with diabetes guidelines.

Design: A Retrospective Study.

Setting: Salmaniya Medical Complex, Endocrinology Clinics, Bahrain.

Method: Patients with type 2 Diabetes Mellitus (DM) were included in the study. Patient's personal characteristics, diabetic care and outcome measures were documented from January 2018 to December 2018.

Result: Three hundred seventy-seven records were reviewed; 232 (61.5%) were females and 211 (55.9%) were below 60 years. Glycated hemoglobin was measured in 265 (70.3%), of which, 114 (30.2%) had levels below 7% and 86 (22.8%) had levels above 8%. Two hundred twenty-eight (60.5%) patients had their blood pressure checked at least twice per year; 143 (38%) had their systolic and diastolic pressures controlled. Kidney function tests ranged between 55% and 88%. Ninety (23.9%) patients had their weight measured and 86 (22.8%) had their Body Mass Index measured.

Conclusion: The level of diabetes care for type-2 diabetic patients was suboptimal. A multilevel action plan is crucial to improve healthcare providers' compliance with the recommended diabetes guidelines.