

THIRD CROATIAN DIABETOLOGY CONGRESS – ABSTRACT FORM

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TITLE:

(should not exceed two rows)

AUTHOR(S) AND PLACE OF WORK:

ABSTRACT:

Category number: (1-51)

First choice:

7- EDUCATION

Alternative(s):

2- ORGANIZATION OF HEALTH SERVICES

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The whole abstract should not exceed 200 words!

DEADLINE

April 1, 2005.

Effectiveness of outpatient diabetes education in routine care in Austria

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Objective: To evaluate the effectiveness of a structured outpatient diabetes teaching and treatment program (DTTP) for non insulin treated patients, delivered by office based physicians after the reimbursement policy has been introduced by insurance companies in the Austrian province of Styria. **Methods:** The DTTP consists of four 90 min units, conducted at weekly intervals, with one additional unit delivered one year after the initial education (follow up examination). Patient data was captured on structured data sheets (FQSD - DiabCare) and benchmarking reports were sent quarterly to all participating health care providers. Continuous variables were compared by means of paired Wilcoxon test. **Results:** Between 1.1.2001 and 31.3.2005 4668 patients received the initial education, of which 1719 completed the follow up examination. Baseline characteristics of the patients with completed follow up examination were (Mean \pm SD): Age 64 \pm 10 years, 56% female, diabetes duration 5.7 \pm 6.4 years, HbA1c 7.6 \pm 1.6 %, BP 143 \pm 18 / 82 \pm 10 mm Hg, BMI 29.6 \pm 4.9 kg/m², total cholesterol 218.7 \pm 43.6 mg/dl. At follow up (14.6 \pm 5 months), significant (all p<0.001) reductions of HbA1c (0.5 \pm 1.3), BP (1.8 \pm 18.7/1 \pm 10.5), BMI (0.36 \pm 2.44, corresponding to weight reduction of 1.1 \pm 6.3 kg) and total cholesterol (4.9 \pm 42) were observed. **Conclusions:** At follow up, small but relevant improvement of risk factor control was observed. The results demonstrate the practicability and efficacy of the DTTP in general practice.