

Medicine

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Patients factors and disparities in the quality of diabetes care

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Introduction:

Studies have shown that there are disparities in the quality of diabetes care between the practices. This study aims to examine whether there are disparities related to patients' factors.

Methods:

Medical records of 360 diabetic patients were reviewed. Performance measures included the percentages of diabetic patients meeting the recommended targets for HbA1c (<7%), BP (<130/80), LDL-C (<2.6 mmol/l), HDL-C (>1.0 for men and >1.3 mmol/l for women), and triglycerides (<1.7 mmol/l). Patients' factors included age, gender, nationality, type and duration of diabetes, smoking status, and BMI.

Results:

Majority of the patients (70.3%) had type 2 diabetes. Mean age was 45.4 ± 16.9 years. More than half of the patients (53.3%) were female, and the majority (66.9%) were Kuwaiti citizens. The median duration of diabetes was 11 years. More than half (51.4%) of the patients were obese (BMI>30) and 5.8% were current smoker. Only 15.8% and 29.7% of patients met the HbA1c and BP targets respectively; only 65.6%, 39.3% and 50.2% of the patients met the recommendations for triglycerides, HDL-C and LDL-C, respectively. Albuminuria and any retinopathy were present in 26.4% and 28.4% of the patients respectively. Foot ulceration was present only in two patients. Only 10.8% and 11.1% received influenza and pneumococcal vaccinations. In multiple logistic regression, obesity was an independent factor for BP and HDL-C targets, whereas type 2 diabetes was an independent factor for BP, HDL-C, and triglyceride targets. Male gender, age, and duration were the independent factors for diabetic retinopathy, whereas age was the only independent factor for albuminuria. Non-Kuwaiti nationality was the independent factor for LDL target. Glycaemic control and vaccinations were not related to any patient factor.

Conclusions:

Patients factors contribute to the disparities in the quality of diabetes care. Interventions should be tailored according to the needs of the patients.

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