

HEALTH RESEARCH ABSTRACT SUBMISSIONS

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Educational Level *	Post-Doc/Fellow
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Title of Research *	Prevalence of Meeting the A1c, Blood Pressure, and Cholesterol (ABC) Goal in Veterans with Diabetes Mellitus at the Iowa City Veterans Affairs (ICVA) Medical Center
Other Authors *	Scott M. Vouri, Pharm.D., Robert Shaw, Pharm.D., MPH, Nancee Waterbury, Pharm.D., Jason Egge, Pharm.D., BCPS, M.S., Bruce Alexander, Pharm.D., BCPP
Introduction & Purpose *	<p>Poorly controlled diabetes mellitus increases microvascular and macrovascular disease risk. The American Diabetes Association (ADA) recommends treatment goals for hemoglobin A1c (<7.0%), blood pressure (<130/80mmHg), and LDL-cholesterol (<100mg/dl) to prevent complications. Collectively, these goals are referred to as the “ABCs” of diabetes. In the National Health and Nutrition Examination Survey (NHANES) 1999 – 2000, only 7.8% of patients with diabetes achieved this goal. Two other studies, Look AHEAD and CBEP study, also assessed the ABC goal which was achieved in 10.1%, 22% of patients, respectively.</p>
Experimental Design *	<p>Determine prevalence of veterans meeting their ABC goal. Our secondary analysis determined who met individual goals and identified predictors for achieving the ABC goal.</p> <p>We identified 7359 patients who received hyperglycemic medications. Most recent A1c, blood pressure, and LDL-cholesterol were collected from 1/1/2008 through 9/29/2009.</p>
Results *	<p>Of the 6770 (97.6% male) patients meeting inclusion criteria, 17.9% achieved the ABC goal. Individually A1c, blood pressure, and LDL-cholesterol goals were met in 54.6%, 42.6%, and 66.6% patients, respectively.</p> <p>Multivariate analysis revealed the following positive predictors to achieve the ABC goal: older age, BMI <30, HMG-COA reductase inhibitor, influenza vaccination, and macrovascular disease. Negative predictors included: use of insulin, use of sulfonylureas, or enrolled in Diabetes Telehealth clinic.</p>
Conclusions *	Our study results show continued improvement in meeting the ADA's established ABC goal after being previously assessed by NHANES and the Look AHEAD study.
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