

Doctor, I forgot my glucose diary!

MS Mastan¹, GS Rai¹, MA Saeed^{2,3}

¹College of Medical and Dental Sciences, University of Birmingham, Birmingham, UK

²Department of Diabetes, University Hospitals Birmingham, Birmingham, UK

³School of Clinical and Experimental Medicine, University of Birmingham, UK

Aims

Capillary blood glucose (CBG) testing assists in clinician-directed and self-management of diabetes.

The National Institute of Clinical Excellence recommends CBG monitoring.

Patients with diabetes often forget to bring their CBG meters and diaries to clinic.

The aim of this study was to assess the trends surrounding this.

Objectives

A 27-point anonymous questionnaire was distributed amongst 117 people attending diabetes clinics in a large teaching hospital.

Information regarding trends surrounding CBG meters and diaries were obtained.

Results

In this study, 59% people did not bring their CBG diaries, with the majority (29%) reported having forgotten.

73.5% did not bring their CBG meters, with over half (58.6%) reported having not been asked to do so.

There was no difference between genders or type of diabetes noted in these parameters.

61% of the two largest ethnic cohorts — White and Asian — did not bring in their diaries.

In those with English as a second language, 66% also lapsed.

Responders were mainly (75.3%) between the age of 41–80 years.

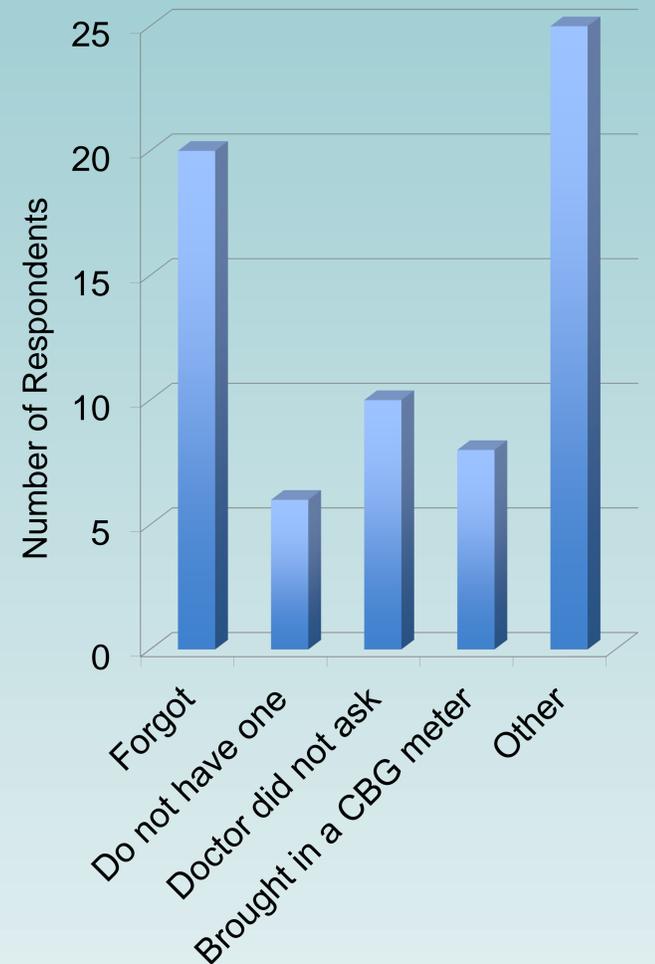
A majority (57.4%) of retired individuals did not bring in their diaries.

Sulphonylurea and insulin therapy is associated with hypoglycaemia: 90.9% on sulphonylureas and 52.9% on insulin did not bring their diaries.

Remarkably, those individuals without their diaries had a lower median HbA1c (68.5mmol/mol vs. 72mmol/mol).

Graph and Diagrams

Frequency of reasons for not bringing in CBG diaries



Conclusion

In our study, CBG monitoring was not being utilised effectively in a clinic setting.

We propose that diabetes charity organisations and healthcare professionals impart more knowledge to people living with diabetes surrounding self-monitoring.

References

- NICE Clinical Guidance 15
- NICE Clinical Guidance 87

