

3103.0: Monday, November 6, 2006 - 11:30 AM

Abstract #142181

An integrated approach to diabetes care: Lessons from an inner-city clinic

Richard Lyn-Cook, MD, Montefiore Medical Center, Albert Einstein College of Medicine, 871 Prospect Ave, Bronx, NY 10459, 718-991-0605, lyncoorx@yahoo.com, Marielis Rivera, MPH, Community Pediatrics, Children's Hospital at Montefiore, 317 East 64th Street, New York, NY 10021, and Sandra Arevalo, MPH, Montefiore Medical Center, Albert Einstein College of Medicine, 871 Prospect Ave, Bronx, NY 10459.

**Background:** Diabetes is epidemic, especially in minority communities. At an inner-city clinic, a multidisciplinary approach incorporating nutrition, diabetes education, referral, social, language, and medication assistance services was implemented to address this problem.

**Objective:** To determine the impact of integrated diabetes care on clinical outcomes using national guidelines as comparison standards.

**Methods:** We conducted a retrospective review of HgbA1C, LDL Cholesterol, and blood pressure, on all adult diabetic patients at an inner-city clinic for a one-year period. These data were compared with national standards of diabetic care.

**Results:** The total number of diabetic patients was 257. The mean age was 53 with 66% women. 70% of patients were Hispanic and 25% African American. 95% of patients had at least one Hemoglobin A1C done within the study period compared to a national average of 22% for Hispanics and 21% for African Americans. 46% of patients had a HgbA1C of < 7 and 67% < 8. 84% had received a fasting lipid panel during the study period. Of those, 53% had LDL cholesterol <100. The average blood pressure was 126/70.

**Conclusions:** 95% of patients received at least one HgbA1C test within the study period, which exceeds the Healthy People 2010 goal of 50%. Most patients had LDL cholesterol measured. The majority of these surpassed the ADA recommendation of <100. Average blood pressure also exceeded ADA recommendation of 130/80. These results underscore the effectiveness of a multidisciplinary approach on diabetes outcomes. This approach can be adapted to busy inner-city practices.

**Learning Objectives:** The participant will be able to

- \* Recall national guidelines of diabetes management
- \* List the components of a clinical diabetes treatment initiative

**Keywords:** Diabetes, Outcome Measures