


Volume 13, 18 December 2013

Publisher: Igitur publishing

URL: <http://www.ijic.org>

Cite this as: Int J Integr Care 2013; WCIC Conf Suppl; [URN:NBN:NL:UI:10-1-115964](https://nbn-resolving.org/urn:nbn:nl:ui:10-1-115964)

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Poster Abstract

A right-siting model for chronic disease: clinical outcomes of patients right-sited under the SingHealth Delivering On Target (DOT) programme

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Abstract

Objective: The SingHealth Delivering On Target (DOT) programme right-sites stable chronic disease patients from specialist outpatient clinics (SOC) to a network of island-wide general practitioners (GPs). We describe the DOT model and report clinical outcomes of patients with diabetes and ischemic heart disease (IHD) right-sited under this programme.

Methodology: A retrospective analysis was performed. For diabetes, outcome measures analysed (mean HbA1c, BP, LDL-cholesterol and hospital admissions related to diabetes) compared stable patients right-sited to DOT GPs (n=74) with those who continued care at the SOC (n=68) over 6-12 month period. For IHD, 296 patients right-sited to DOT GPs were analysed for mean LDL-cholesterol and BP at point of right-siting and within 12 months after right-siting.

Results: For diabetes, mean HbA1c, systolic BP and LDL-cholesterol of patients managed by DOT GPs were not significantly different from those managed by SOC specialists. Hospital admissions for diabetes related conditions were higher in patients managed by SOC specialists (14.7% vs 5.4%). For IHD, there was no significant change in mean LDL-cholesterol and BP of patients at DOT GPs as compared to when they were managed at SOC.

Conclusion: Diabetes and IHD patients right-sited to DOT GPs maintained good clinical outcome in the intermediate period.