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Conference Abstract

Impact of the Northwest London Integrated Care Pilot on diabetes control

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Abstract

Purpose: The North West London Integrated Care Pilot (NWL ICP), which commenced in late 2011, included as one aim improved control of diabetes in high risk patients. ICP patients were discussed at a multidisciplinary group meeting and received a detailed care plan.

Objectives: We compared HbA1c (117,028 test results), cholesterol and systolic blood pressure levels in 10,111 ICP patients with diabetes and a comparator group of 2,720 patients in ICP practices with diabetes but without Care Plans, and using primary care data measured trends in over time, after controlling for a wide range of patient and clinical factors. The period analysed extended from 1/4/2004 until 30/4/2013.

Results: Patients in the ICP group had more HbA1c tests compared to non-ICP patients. While the recent ICP group HbA1c results were slightly better than the non-ICP group, their HbA1c was slightly lower than the non-ICP group initially. ICP patients were exposed to the ICP, on average, for 5.9 months. In the combined statistical analysis, ethnicity, deprivation, test year and Type 2 diabetes were risk factors for a higher HbA1c. We also found that HbA1c decreased significantly in ICP patients, by 1.13 mmol/mol per year of exposure, in the multivariable combined group analysis with adjustment for other confounders. In the analysis of the non-ICP group alone, "theoretical" duration in the ICP was also significantly associated with a fall in HbA1c. There is, therefore, some evidence of either contamination in non-ICP patients, or the effects of some other unmeasured confounder on HbA1c levels. Cholesterol increased significantly, by 0.04 mmol/l and systolic blood pressure by 0.3 mmHg per year of ICP exposure.

Conclusions: after controlling for most other important confounders, there was evidence of a significant fall in HbA1c values in ICP practices, but not in other measures of diabetes control.

Keywords

diabetes, patient care planning, multidisciplinary management

Powerpoint presentation:

<http://www.integratedcarefoundation.org/content/open-session-measuring-impact-integrated-care-0>
