

ORAL ANTIDIABETIC DRUGS PRESCRIPTION PATTERN: CAN BE CHANGED BY A DIABETES UNIT?

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BACKGROUND/AIMS: The Hospital de la Ribera Diabetes Unit, since it was created in 1999, has worked with the Primary Care Physicians and Nurses of our Health Department with the aim of implementing and coordinating the International Diabetes Federation guidelines in integrated diabetes care management.

Metformin is the only oral anti-diabetic drug (OAD) that reduces significantly macrovascular complications in overweight patients (UKPDS, 1998) and it was underprescribed because its potential risk of lactic acidosis.

We aimed to evaluate changes in the prescription pattern of OADs since the implementation of the integrated diabetic care guidelines in a Health Department in 2000.

METHODOLOGY: Data on OADs prescribed from January 2000 to December 2005 in our area was obtained as Daily Dose per Inhabitant (DDI). It measures how many therapeutic doses of one drug or therapeutic group of drugs are taken per inhabitant in one area and compare its evolution in the time independently of population changes.

GAIA is a computerised drug prescription system that registers all medication prescribed in our Health Department. This is part of our *Conselleria Sanidad Valenciana* Information Systems.

RESULTS: Yearly DDI of total OADs, biguanides, sulphonylureas, α -glycosidase inhibitor and new OADs (short acting insulin secretagogues and thiazolidinediones) prescribed in 2000 were 129, 8, 103, 18 and 0, respectively, and in 2005 were 193, 46, 121, 14 and 12, respectively. Total ADO DDI has increased by 24% since 2000. Biguanides had increased four-fold.

CONCLUSIÓN: Integrated diabetes care guidelines, besides increasing the prescription of OADs in our Health Department, have changed the prescription pattern towards metformin.

Key words: Diabetes care; Metformin; Delivery of Health Care, Integrated