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## Impact of integrated care program on glycemic control and cardiovascular risk in adult patients with type 2

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**Aim:** The aim of the study is to know the impact of integrated care program on glycemic control and cardiovascular risk in adult patients with type 2 diabetes

**Objective:** To evaluate the impact of a multidisciplinary care program for patients with uncontrolled type 2 diabetes (T2D).

**Methods:** We conducted a before-and-after study among patients with uncontrolled T2D and/or comorbidities at a primary care center in Riyadh, Saudi Arabia. The intervention consisted of intensified and patient-specific multidisciplinary care. The team included a senior family physician, nurse, clinical pharmacist specialist, dietician, diabetic educator, health educator, and social worker. Outcomes measured were HbA1c, fasting blood glucose (FBG), lipid profile, and blood pressure (BP).

**Results:** 41 patients were included in the study. Mean age was 56.2 years. HbA1c, FBG, triglycerides, and total cholesterol were significantly reduced in the post-intervention stage (reductions of 18.5%, 21.0%, 16.0%, and 10.5%, respectively). The reduction in HbA1c was highest among patients with uncontrolled diabetes without comorbidity (25.7%), moderate among patients with cardiovascular disease and/or dyslipidemia (12.6%) and minimal among those with renal problems (0.3%,  $p < 0.05$ ). LDL cholesterol was also reduced (10.5%, but not significantly). HDL cholesterol and BP did not show any significant changes in the postintervention stage.

**Conclusion:** Integrated care was associated with a 20% improvement in glycemic control and up to a 16% reduction in serum lipids but no change in blood pressure among patients with T2D at high risk of cardiovascular disease.

### Biography

Mishriky A M is graduated from Ain-Shams University Medical school in Egypt in 1976, and completed her Doctoral degree in Occupational Medicine in a joint program between the University of California at Los Angeles (UCLA), and Suez Canal University (SCU) in Egypt. She had postdoctoral studies at London School of Hygiene and Tropical Medicine. He was the chairman of the department of Community Medicine at the Faculty of Medicine, SCU, and is currently an Emiratus Professor there. He has published more than 60 papers in reputed journals and has been serving in the Editorial Board of the Saudi Medical Journal.

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