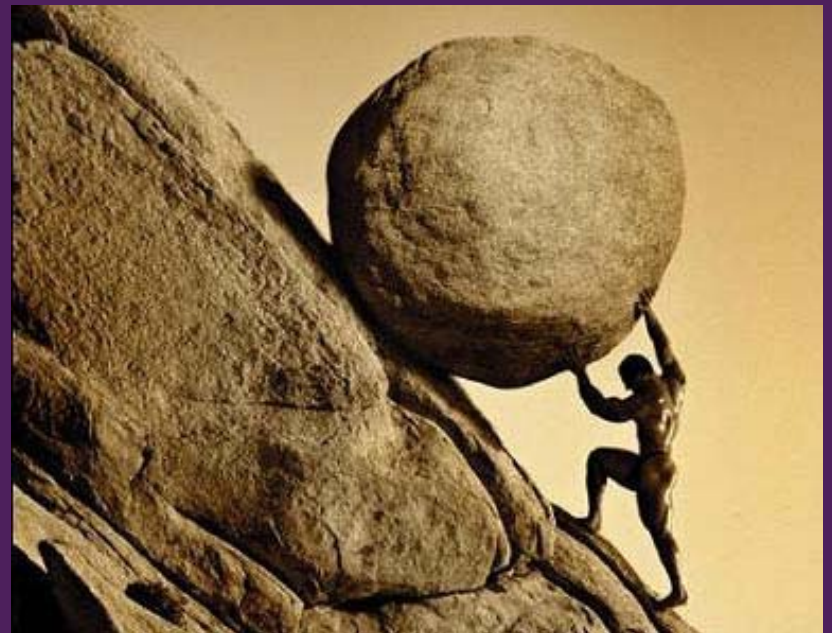




Cukrzyca pod mobilną kontrolą więcej możliwości niż ograniczeń

25 października 2018 Katowice
Waldemar Monczakowski



Ograniczenia



- „Pomimo **WZROSTU**, w okresie objętym kontrolą, **liczby czynnych zawodowo lekarzy diabetologów** o blisko 19 proc. tj. z 1 119 **do 1 329**, była ona **niższa od wartości optymalnej** (1 585) określonej przez Konsultanta Krajowego w dziedzinie diabetologii.”
- 3 mln chorych na cukrzycę w Polsce
- 2 257 chorych/diabetologa
- **9 chorych dziennie/diabetologa (1 wizyta w 2018 roku)**



Ograniczenia



Co powoduje....

.....że w Polsce cel leczenia osiąga jedynie:*

- 26% pacjentów z typem 2 cukrzycy
- 6% pacjentów z typem 1 cukrzycy



Ograniczenia

Wyrównanie cukrzycy u chorych na cukrzycę typu 2 w świetle wytycznych PTD

1. HbA_{1c} ≤ 7,0%
2. BMI < 25 kg/m²
3. Ciśnienie tętnicze < 140/90 mm Hg
4. Wszystkie składowe lipidogramu

Tabela 3. Odsetki pacjentów spełniających kryteria wyrównania cukrzycy

Liczba spełnionych kryteriów (dowolnych)	Cała grupa	
	n	%
Żadne kryterium	56	22
1 kryterium	104	42
2 kryteria	65	26
3 kryteria	22	9
4 kryteria	2	1
Razem	249	100

p<0,05

Anna Kudaj-Kurowska et al.

Wyrównanie cukrzycy u chorych na cukrzycę typu 2 w świetle wytycznych PTD.

Diabetologia Kliniczna 2014, tom 3, nr 3: 92-99



Ograniczenia

„Patient compliance” - Stopień realizacji zaleceń, zdyscyplinowanie pacjenta

doi: 10.1111/ij.1742-1241.2007.01630.x

REVIEW ARTICLE

International Journal of
Clinical Practice

The significance of compliance and persistence in the treatment of diabetes, hypertension and dyslipidaemia: a review

J. A. Cramer,¹ Á. Benedict,² N. Muszbek,² A. Keskinaslan,³ Z. M. Khan⁴

Przegląd 139 badań

63% pacjentów kontynuuje przyjmowanie leków przez rok

Pacjenci przyjmują leki tylko przez **72%** czasu

W **73%** badań wykazano poprawę wyników leczenia przy prawidłowym realizowaniu zaleceń

Message for the Clinic

A literature review of 139 studies reporting compliance data showed that non-compliance with cardiovascular and antidiabetic medication is a significant problem. Only 63% of patients continue with their medication for a year and patients only take their medication for 72% of the time, yet in 73% of studies good compliance had a positive effect on clinical outcomes. Encouraging patients to comply with their treatment regimens could do much to improve the clinical management of cardiovascular disease.



Compliance to self-monitoring of blood glucose among patients with type 2 diabetes mellitus and its influential factors: a real-world cross-sectional study based on the Tencent TDF-I blood glucose monitoring platform

Zhi-De Hu^{1*}, Kai-Ping Zhang^{2*}, Ying Huang³, Shu Zhu³

¹Department of Laboratory Medicine, the General Hospital of Ji'nan Military Region, Ji'nan 250031, China; ²AME College, AME Group, Flat/RM C 16F, Kings Wing Plaza 1, NO. 3 on Kwan Street, Shatin, NT, Hong Kong, China; ³DXY Care Center, Hangzhou 310000, China

Contributions: (I) Conception and design: ZD Hu, S Zhu; (II) Administrative support: Y Huang; (III) Provision of study materials or patients: S Zhu, Y Huang; (IV) Collection and assembly of data: S Zhu, Y Huang; (V) Data analysis and interpretation: ZD Hu, S Zhu, KP Zhang; (VI) Manuscript writing: All authors; (VII) Final approval of manuscript: All authors.

*These authors contributed equally to this work.

Correspondence to: Zhi-De Hu, PhD, MD, Department of Laboratory Medicine, General Hospital of Ji'nan Military Region, Ji'nan 250031, China. Email: hzdj81@163.com.

Clinical features and SMBG compliance of the patients

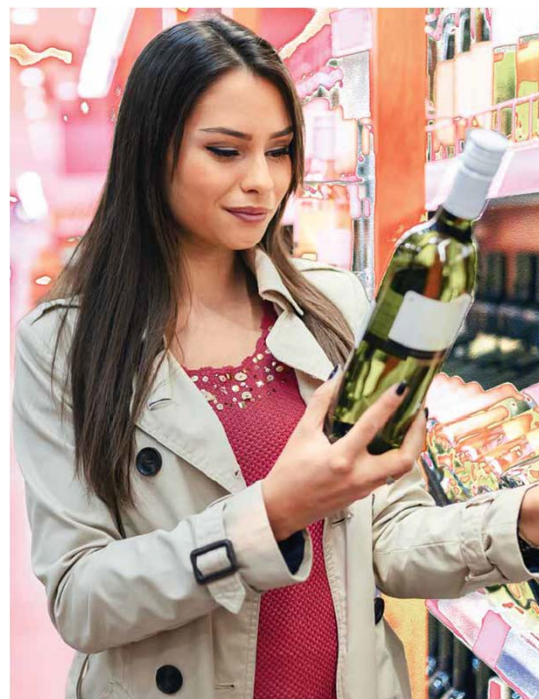
Totally 415 T2DM patients entered the final analysis. The clinical features of these subjects are summarized in Table 1. It was found that 236 T2DM patients (57.6%) had good T2DM compliance.

Table 2 Factors affecting SMBG compliance of patients

Factors	Good SMBG compliance	Poor SMBG compliance	P value
Sample size	239	176	–
Age (years)	55 [46–61]	56 [48–61]	0.26
Gender (male/female)	144/95	94/82	0.16
Course of disease (years)	4 [2–11]	6 [3–12]	<0.01
Body mass index (kg/m ²)	25.3 (22.9–27.0)	25.2 (23.4–27.4)	0.37
Education background (higher education/non-higher education/unknown)	106/130/3	66/108/2	0.136
Employment (management/general staff/retired or unemployed/unknown)	42/84/113/0	22/66/86/2	0.20
Annual income (above 100,000/50,000–100,000/below 50,000/unknown)	62/64/108/5	47/49/77/3	0.98
Physical activity (active/inactive/unknown)	143/96/0	108/68/0	0.75
Smoking (yes/no/unknown)	55/182/2	33/140/2	0.64
Alcohol use (yes/no/unknown)	109/128/2	79/94/3	0.72
Hypertension (yes/no)	41/198	37/139	0.32
History of cardio-cerebrovascular disease (yes/no)	14/225	11/165	0.87
Insulin treatment (yes/no/unknown)	96/142/1	78/97/1	0.67
Use of oral hypoglycemic agents (yes/no/unknown)	70/168/0	151/24/1	<0.01



Ograniczenia



Ograniczenia



RESEARCH

Open Access



Interventions to improve patients' compliance with therapies aimed at lowering glycated hemoglobin (HbA1c) in type 1 diabetes: systematic review and meta-analyses of randomized controlled clinical trials of psychological, telecare, and educational interventions

Luciana Verçoza Viana^{1*}, Marília Brito Gomes², Lenita Zajdenverg³, Elizabeth Joao Pavin⁴, Mirela Jobim Azevedo¹ and On Behalf of the Brazilian Type 1 Diabetes Study Group (BrazDiab15G)

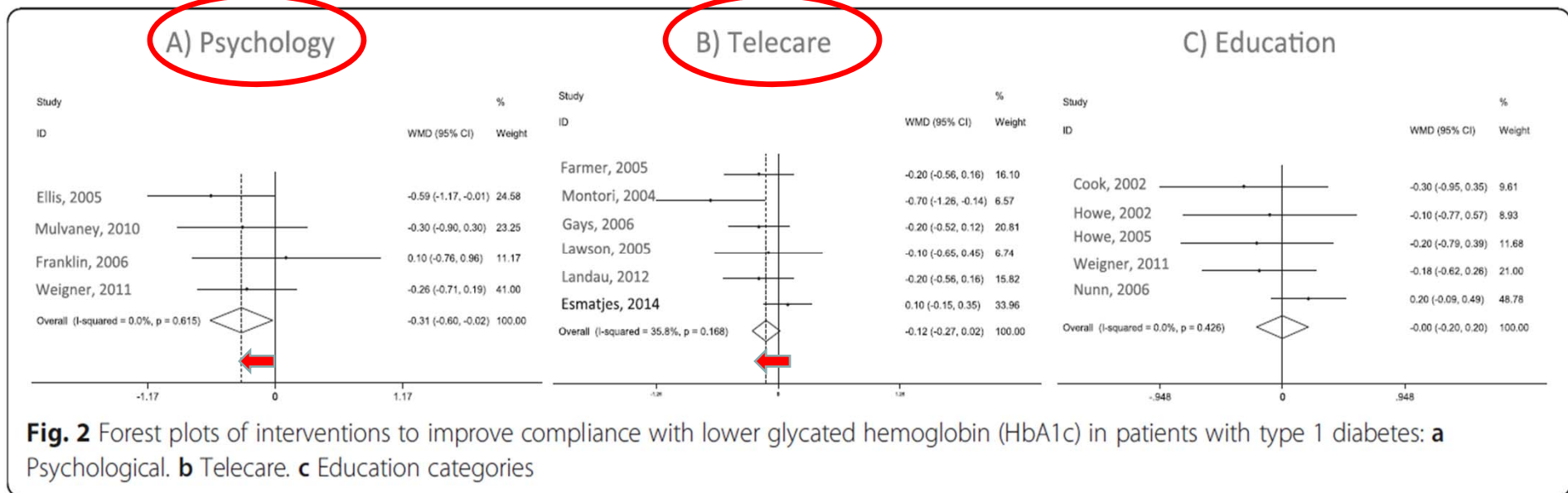
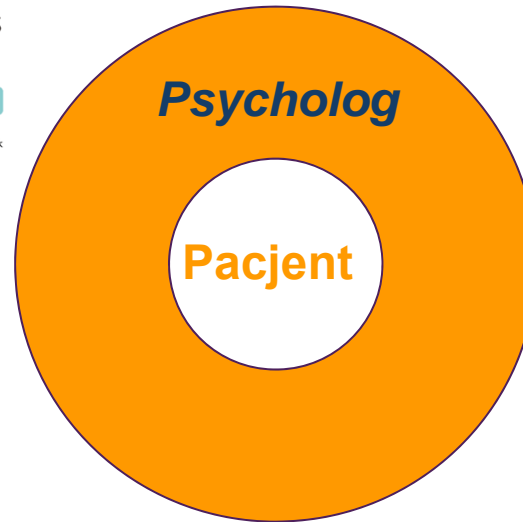
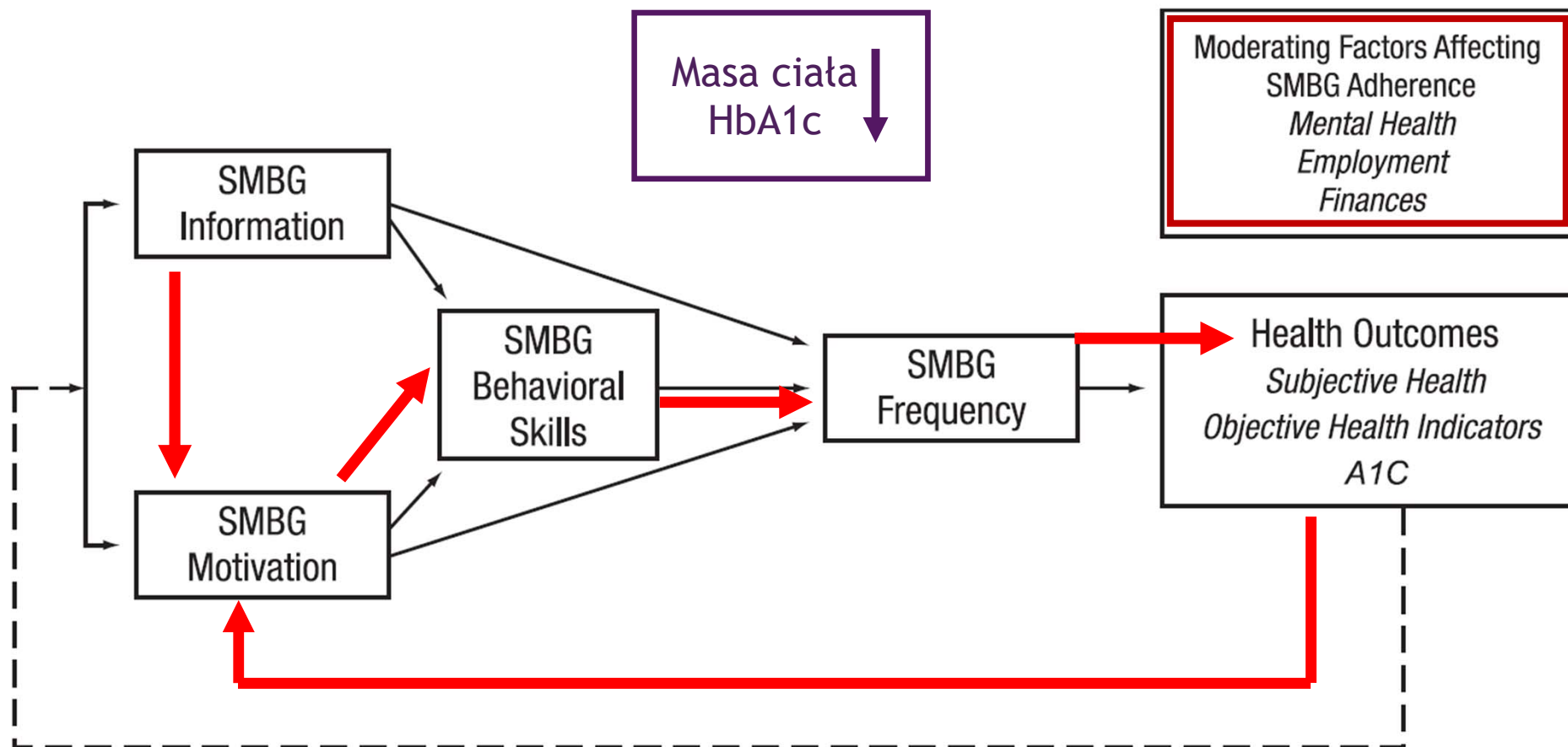


Fig. 2 Forest plots of interventions to improve compliance with lower glycated hemoglobin (HbA1c) in patients with type 1 diabetes: **a** Psychological. **b** Telecare. **c** Education categories

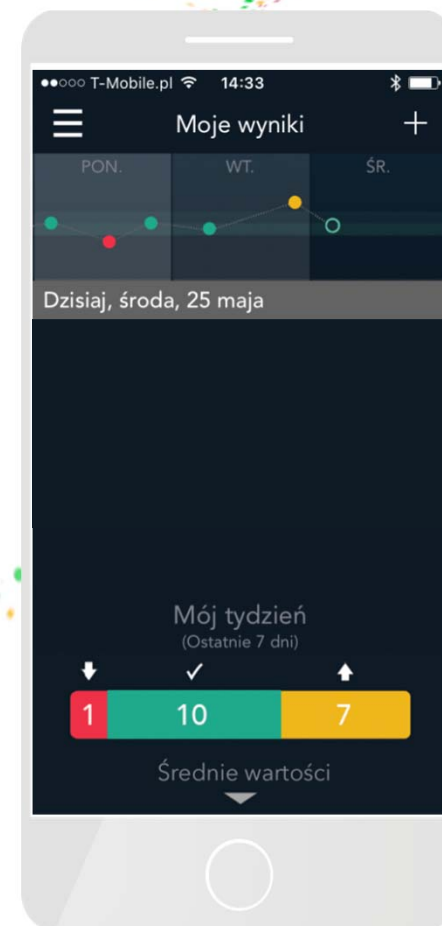
Więcej możliwości

Teoria IMB

Informacja, Motywacja, Zmiana zachowań



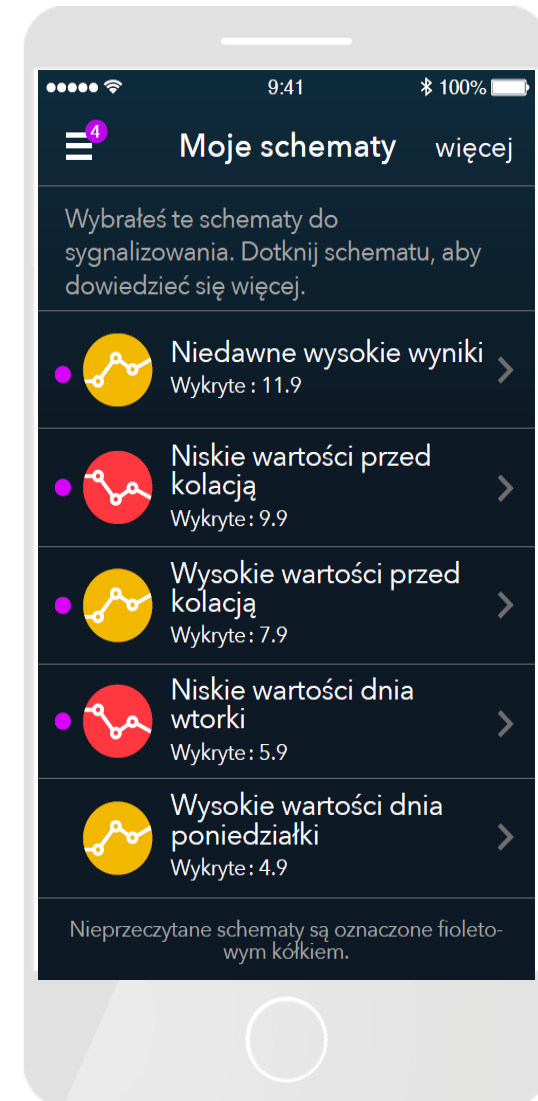
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Moje Schematy Glikemiczne

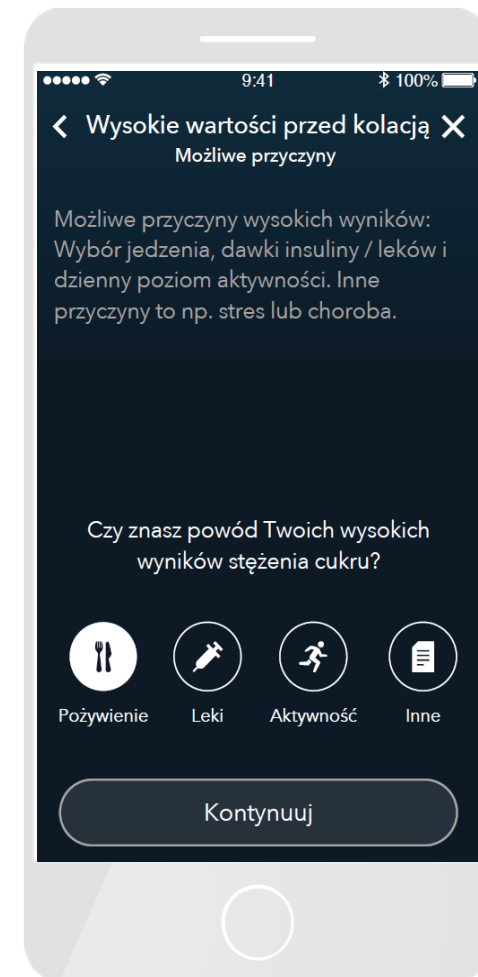
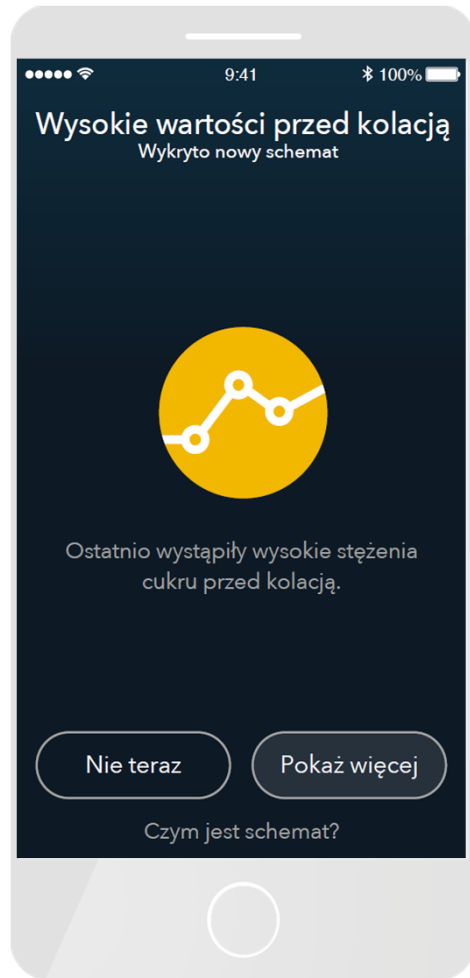
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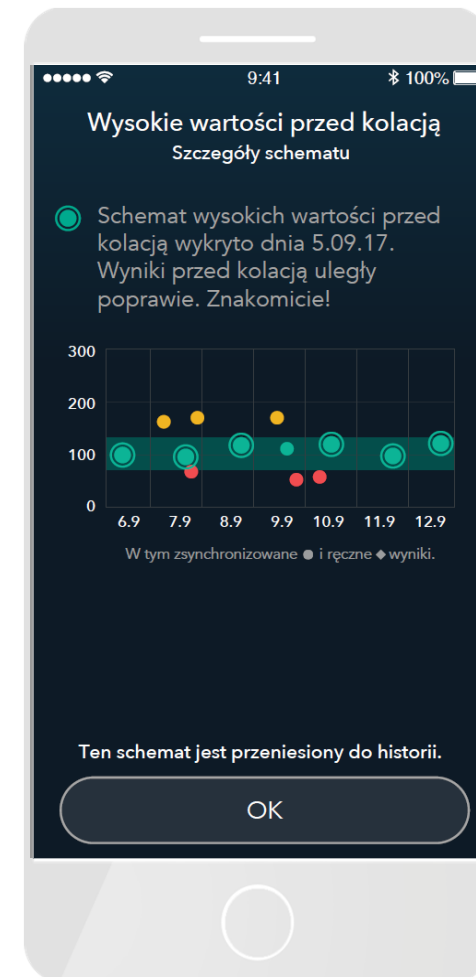
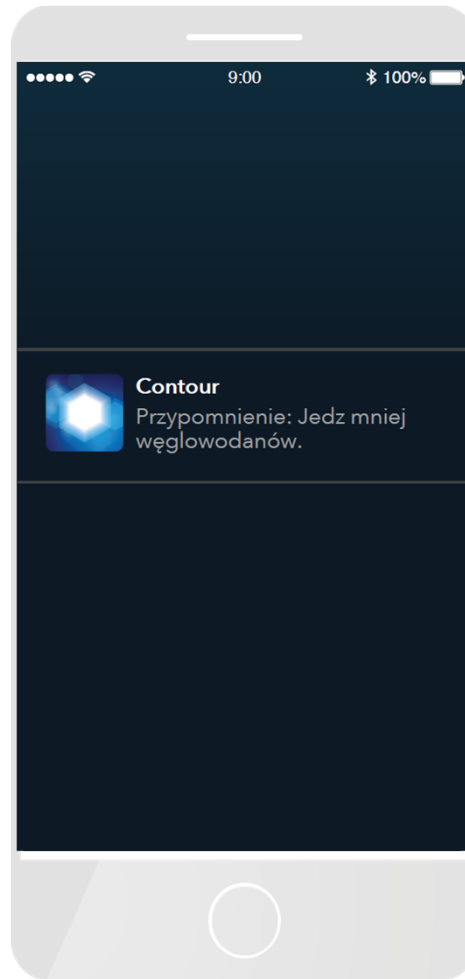
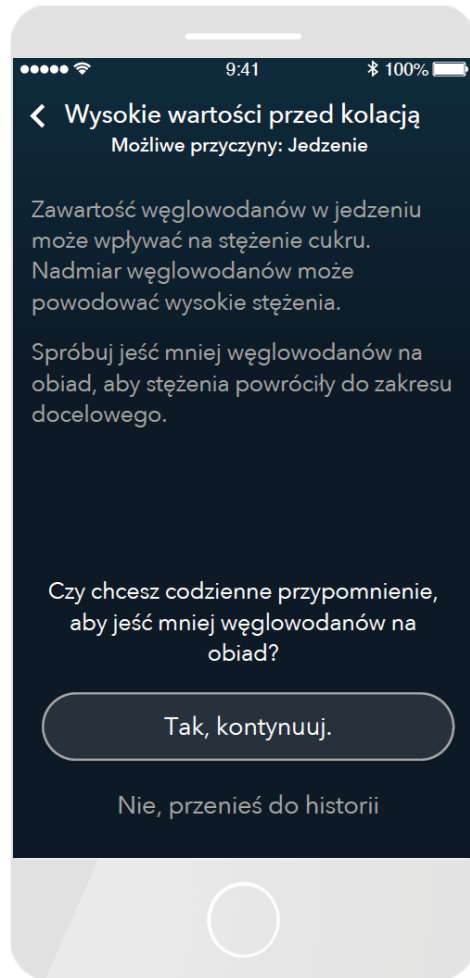
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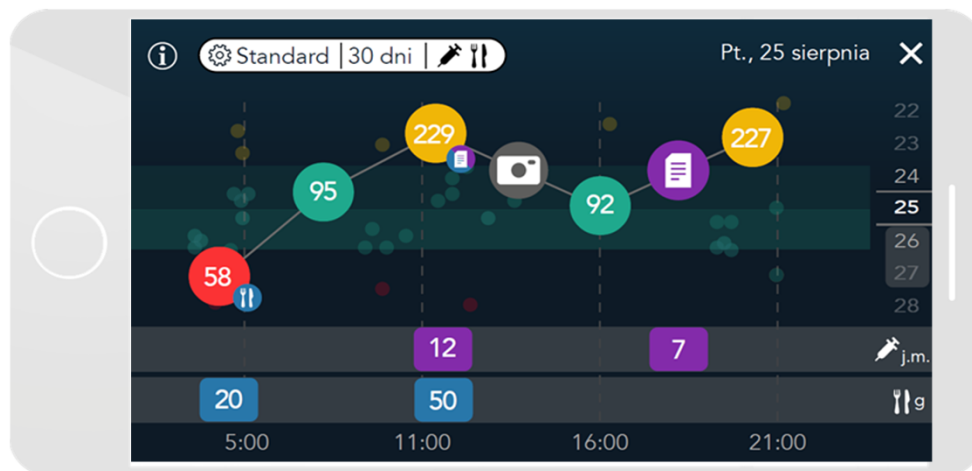
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Aplikacja Contour Diabetes wersja 2.2



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Aplikacja Contour Diabetes wersja 2.2





Wiedza

Działanie

