P-0970 – An audit on the use of statins in diabetic patients over 40 years in a tertiary care center in Sri Lanka

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Background

- Current guidelines recommend that all people with type 2 DM and ≥ 40 years of age without cardiovascular disease (CVD) and all those who have CVD regardless of age, must be started on statin therapy¹.
- Statistics regarding the use of statins amongst these groups of patients are limited.
- In Sri Lanka one in 12 people are estimated to be having diabetes, whilst 3 in 4 adults are estimated to have dyslipidemia.

Aim

- To conduct an audit to find out the usage of statins amongst diabetic and dyslipidaemic patients with or without CVD, as per international guidelines.

Methods

- A cross sectional descriptive study was conducted by collecting retrospective data from files of patients with diabetes and who were ≥ 40 years registered for medical clinic follow-up at a tertiary care center in Sri Lanka (Sri-Jayewardenepura General Hospital, Sri Lanka).

Results

- A total of 107 diabetic patients were audited.
- Mean age was 64.4579 [SD $\pm$ 1.089], with a male to female ratio of 1.25.
- 71.3%, [n = 77] were hypertensive, 8.3% [n = 9] were reported to have ischaemic stroke and 24%, [n = 26] had ischaemic heart disease.
- Patients were on atorvastatin [n = 72, 66.7%], rosuvastatin [n = 12, 11.1%] and simvastatin [n = 2, 1.8%] while 21 [20.4%] patients were not on any statin.
- The group of patients who were not on statins however were 0.3 times as likely of having concurrent cardiovascular disease though this was not statistically significant [P = 0.1].
- If patients had cardiovascular disease they were likely to be on a statin [OR= 2.8, P = 0.1] though this was not statistically significant.

Discussion

- A significant number of patients were not on a statin not conforming to current guidelines.
- A reason for the above could be that the absence of cardiovascular disease prompting health personnel to abstain from initiating statin therapy.
- Further education on current guidelines targeted at health service personnel is needed.

¹Arnett DK, Blumenthal RS, Albert MA, et al. 2019 ACC/AHA Guideline on the Primary Prevention of Cardiovascular Disease: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. J Am Coll Cardiol 2019;March 17.