Evaluating the Delivery of Diabetes-Related Care Among the Asian Population

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Abstract
Purpose: This project evaluated current practices for Type 2 diabetes mellitus (T2DM) screening and management among Asian Americans (AAs) presenting to a primary care clinic and determined whether these practices adhered to the American Diabetes Association (ADA)’s 2018 guidelines.

Methods: A retrospective chart review was performed to extract data from clinical case records of AAs who visited the Vietnamese Health Center (VHC) between November 1, 2017 and November 1, 2018. Descriptive statistics were utilized to analyze the data.

Results: Of 173 charts reviewed, 76.3% of AAs had no previous T2DM diagnosis. Approximately 85% of AAs with no previous T2DM diagnosis were screened per ADA guidelines. Based on BMI classifications for the general population, 31.8% of AAs were overweight or obese. Based on Asian-specific BMI classifications, however, 50% of AAs were overweight or obese. Approximately four percent of T2DM screenings resulted in a positive finding. Among AAs with a previous T2DM diagnosis, 58.5% received routine hemoglobin A1c monitoring, 2.4% had a documented comprehensive foot exam, and 7.3% had a documented dilated eye exam. Annual screening of a lipid profile, serum creatinine, estimated glomerular filtration rate, and urine albumin-to-creatinine ratio (UACR) were performed on 90.2%, 92.7%, 92.7%, and 0% of diabetic AAs, respectively.

Conclusion: This quality improvement project provided a baseline assessment of T2DM screening and management being delivered to AAs, specifically to the Vietnamese subgroup. While a majority of AAs were screened per ADA guidelines, gaps in care were identified in the management of diabetic AAs. It is recommended that VHC focus its quality improvement efforts toward increasing the percentage of comprehensive foot exams, referral for dilated eye exams, and UACRs performed annually. Addressing these gaps may reduce disparities in diabetes-related care faced by AAs.

Keywords: Asian American, type 2 diabetes mellitus, screening, management

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