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Evaluation of the monitoring of patients with type 2 diabetes by performing retinography and exploration using monofilament

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Objectives: To assess the degree of completion of the exploration of the sensitivity of the sole of the foot using monofilament, and of the exploration of the fundus, by performing retinography, in patients with type 2 diabetes, as a quality criterion in the control of the diabetes process in our health center.

Material and Methods: descriptive study of a random sample of patients with type 2 diabetes treated in 15 medical consultations during the period 2008-2010. They were analyzed the parameters of: weight, age, sex, glycated hemoglobin, basal glycaemia, fundus and sensitivity of the foot sole, being excluded those who had not collected some data (except fundus and sensitivity to monofilament was classified as normal, abnormal or missing), age younger than 30 years or type 1 diabetes.

Results: the studied sample was 161 individuals, 57.14% female, 42.86 males, pathological exploration with monofilament was found in 9.32%, N = 15 normal in 60.87%, N = 98 and no record in 29.81%, N = 48. Regarding the fundus exploration, was normal in 24.22%, N = 39, pathological in 7.45%, N = 12 and no record in 68.32%, N = 110. Studied using the homogeneity test of two independent samples (T Student) the group of pathological monofilament sensitivity and normal sensitivity group regarding the variables age, weight, fasting plasma glucose and glycosylated hemoglobin, no significant differences between both groups were found.

Conclusions: It is necessary to introduce corrective measures with respect to the exploration of the sensitivity and the fundus in diabetic patients in our health center.