

PS2.250

Impact of written information given by family doctor on diabetes control - randomized controlled prospective multicentre trial

Ines Rosendo(1), L Santiago(2)

(1) UCSP Fernão de Magalhães, Faculdade de Medicina da UC, Coimbra, Portugal

(2) USF Topázio, Coimbra, Escola de Ciências Médicas UBI, Portugal

Corresponding author: Dr Ines Rosendo, UCSP Fernão de Magalhães - Coimbra, Faculdade de Medicina Universidade de Coimbra, Coimbra, Portugal. E-mail: inesrcs@gmail.com

Background & Aim: Information to diabetic patients is important to the disease control but its contents, the best way to give it and its impact when given by the family doctor are still unknown. So, this study aims to study the impact in diabetes control of the written information about diabetes, medication and physical activity given to diabetic patients by their family doctor in the primary care consultation.

Method: Prospective, randomized, controlled one-year multicentre trial of diabetic patients from 60 Portuguese family doctors (proportionally distributed in every Portuguese region) randomized into 3 different groups of validated leaflet intervention and control. HbA1c (primary endpoint), fasting glucose, BMI, abdominal circumference, BP, smoking status, physical activity and medication adherence were measured in regular primary care diabetes consultations to assess the impact outcomes. Statistical descriptive and inferencial analysis is going to be performed.

Results: From the initial 1170 Portuguese diabetic patients recruited from 15 October 2014, only 800 reached the end of the study on 31 December 2015. Data analysis is still ongoing but will be ready in June 2016.

Conclusions: We are expecting to find modifications in diabetes control (HbA1c) and some of the metabolic, cardiovascular and treatment variables.