

## Clinical indicator

Increasing the proportion of patients with diabetes and a high risk of heart disease or stroke who are on lipid modifying therapy.

### Why is this important?

Most of the morbidity and mortality associated with type 2 diabetes is caused by cardiovascular and renal disease and this is especially true for Māori and Pasifika peoples.<sup>1</sup>

Lipid lowering therapy (statins) is recommended in all patients with diabetic renal disease and/or established macrovascular disease or a 5 year CVD risk >15% aiming for a target LDL cholesterol (LDLc) < 1.4mmol/L.<sup>2</sup> For each 1 mmol/L drop in LDL there will be a 25% relative risk reduction in CVD event over 5 years.<sup>3</sup>

A reminder that medications such as statins are not recommended in pregnancy due to the risk of congenital anomalies.<sup>4</sup>

### What is the gap locally?<sup>5</sup>

Currently across the Pinnacle network 53 per cent of patients with diabetes and a high risk of heart disease are on lipid modifying therapy.

District	Māori	Non-Māori
Lakes	46%	49%
Tairāwhiti	49%	54%
Taranaki	53%	56%
Waikato	50%	55%

### What are we measuring?<sup>6</sup>

**Clinical indicator:** Increasing the proportion of patients with diabetes and a high risk of heart disease or stroke who are on lipid modifying therapy.

<sup>1</sup>NZSSD (2023) Type 2 diabetes management guidance Available from <https://t2dm.nzssd.org.nz/>

<sup>2</sup>NZSSD (2023) Management of dyslipidaemia Available from <https://t2dm.nzssd.org.nz/Section-104-Management-of-dyslipidaemia>

<sup>3</sup>BPAC (2021) Prescribing statins to reduce cardiovascular risk Available from: [bpac.org.nz/2021/statins.aspx](http://bpac.org.nz/2021/statins.aspx)

<sup>4</sup> NZ Formulary Statins in pregnancy

<sup>5</sup> Pinnacle power BI clinical dashboard. Accessed 6/2/24.

<sup>6</sup> Data dictionary clinical indicators

**Source:** Diabetes Clinical Dashboard.

**Numerator:** Patients with diabetes.

**Denominator:** Patients with diabetes and a high risk of heart disease.

**Definition of diabetes:** Patients with a recorded diagnosis of diabetes (see list for SNOMED codes).

**Definition of a high risk of heart disease:** Patients who have a recorded diagnosis of renal disease, myocardial infarction, or stroke; or whose most recent LDL result is  $> 1.8$  mmol/ml; or whose most recent CVD risk assessment result in the past five years is a risk of greater than 15 per cent.

**Definition of being on lipid modifying therapy:** In the previous twelve months, patients have been prescribed a statin or ezetimibe at least three times.