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# Clinical Audit Report

for

GP:

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Practice:

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UNSW



This is a report of the outcomes of the clinical audit of selected preventive care activities for patients aged 40-69 years.

## INTRODUCTION

This report contains results of the clinical audit that was conducted at your practice in 2012. The clinical audit was conducted using the PEN CAT software. Selection of indicators was based on recommendations from clinical guidelines for the assessment and management of risk for diabetes and heart disease for patients aged 40 to 69 years.

These guidelines are:

- Australian Government Department of Health and Ageing and NHMRC. Dietary guidelines for Australian adults. 2003  
<http://www.nhmrc.gov.au/guidelines/publications/n29-n30-n31-n32-n33-n34>

Note: The new Australian Dietary Guidelines will become available soon. Please access the below link for the latest updates <http://www.eatforhealth.gov.au/page/about-guidelines>

- National Heart Foundation. Guide to management of hypertension. 2008. Updated 2010  
<http://www.heartfoundation.org.au/SiteCollectionDocuments/HypertensionGuidelines2008to2010Update.pdf>
- National Heart Foundation of Australia and the Cardiac Society of Australia and New Zealand. Position statement on lipid management. 2005  
<http://www.heartfoundation.org.au/SiteCollectionDocuments/The-lipid-position-statement.pdf>
- National Vascular Disease Prevention Alliance. Guidelines for the assessment of absolute cardiovascular disease risk. 2009  
<http://www.heartfoundation.org.au/SiteCollectionDocuments/guidelines-Absolute-risk.pdf>
- NHMRC. Clinical practice guidelines for the management of overweight and obesity in adults. 2003  
[http://www.health.gov.au/internet/main/publishing.nsf/Content/7AF116AFD4E2EE3DCA256F190003B91D/\\$File/adults\\_contents.pdf](http://www.health.gov.au/internet/main/publishing.nsf/Content/7AF116AFD4E2EE3DCA256F190003B91D/$File/adults_contents.pdf)
- Royal Australian College for General Practitioners. Guidelines for preventive activities in general practice (The Red Book). 7<sup>th</sup> edition  
<http://www.racgp.org.au/guidelines/redbook>
- Royal Australian College for General Practitioners. Smoking cessation guidelines for Australian general practice. 2004  
<http://www.racgp.org.au/guidelines/snap>.

The report aims to provide you with feedback about:

- The completeness of your patient records in regards to preventive health measures
- The risk profile of your patient population aged 40 to 69 years
- Your current management of patients with elevated risk of developing diabetes or heart disease.

Your results are compared to the average result of all participating practices in *Phase 1 and Phase 2* of the PEP Study.

## PATIENT POPULATION

Only records of patients who met the inclusion criteria were audited. These criteria were:

- Age 40-69
- Had the last visit in the past 12 months
- Is not diagnosed with diabetes, heart disease or renal impairment/failure

### Patients included in audit

		Your practice	Phase 1 & Phase 2
Total			328
Men / Women			48.6% / 51.3%
Age*	Mean		52.2
	45-69 years		79.7%

\*Age group reflects that guidelines recommend additional screenings for patients 45 years and older.

## DATA COMPLETENESS

The following table shows the completeness of your data for all preventive care activities that were audited.

Patients with complete data are those for which results for recommended screening tests were available and valid. Data is valid if the latest available result falls within the recommended screening time period according to best practice guidelines.

Data that has been recorded in the inappropriate fields of the practice database cannot be extracted by the audit tool and is accounted for as missing. Therefore data completeness reflects data quality and not your actual screening activities.

### Patients with complete data

	Your practice % (n)	Phase 1 & Phase 2
<b>Smoking status</b> <i>Ever recorded</i>		34.5%
<b>Alcohol intake</b> <i>Ever recorded</i>		61.1%
<b>BMI</b> <i>Recorded in past 2 years</i>		37.1%
<b>Waist</b> <i>Recorded in past 2 years</i>		7.11%
<b>Fasting Blood Glucose</b> <i>Recorded in past 2 years for patients aged 45-69</i>		37.6%
<b>Blood pressure:</b> <i>Recorded in past 2 years for patient without hypertension</i> <i>Total Count n =</i>		83.1%
<i>Recorded in past 12 months for patient with hypertension</i> <i>Total Count n =</i>		92.8%
<b>Fasting blood lipids</b> <i>Recorded in past 2 years for patients aged 45-69</i> <i>Total Count n =</i>	Total cholesterol	83.2%
	LDL	81.1%
	HDL	81.3%
	TG	83.5%

#### Points for reflection:

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## PATIENT POPULATION RISK PROFILE

The following tables show the proportion of patients with risk factors for diabetes and heart disease.

### SMOKING (40-69years)

	Your practice			Phase 1 & Phase 2
	Men	Women	Total	Total
	% (n)	% (n)	% (n)	%
Complete data (% of total)				34.5%
Smokers (% of complete)				18.4%
Ex-smokers (% of complete)				39.4%

### ALCOHOL (40-69years)

	Your practice			Phase 1 & Phase 2
	Men	Women	Total	Total
	% (n)	% (n)	% (n)	%
Complete data (% of total)				61.3%
> 2 drinks per day (% of complete)				26.2%

### BMI (40-69years)

	Your practice			Phase 1 & Phase 2
	Men	Women	Total	Total
	% (n)	% (n)	% (n)	%
Complete data (% of total)				37.2%
Overweight (BMI: 25 – 29.9) (% of complete)				35.7%
Obese (BMI ≥ 30) (% of complete)				27.4%

### WAIST (40-69years)

	Your practice			Phase 1 & Phase 2
	Men	Women	Total	Total
	% (n)	% (n)	% (n)	%
Complete data (% of total)				7.1%
Increased risk * (% of complete)				73.3%

\*Increased risk is > 94cm for men and > 80cm for women

### FASTING BLOOD GLUCOSE (45-69years)

	Your practice			Phase 1 & Phase 2
	Men	Women	Total	Total
	% (n)	% (n)	% (n)	%
Complete data (% of total)				37.7%
≥ 5.5 mmol/L (% of complete)				18.4%

## BLOOD PRESSURE (40-69years)

Your practice			Phase 1 & Phase 2
Men % (n)	Women % (n)	Total % (n)	Total %
Complete data (% of total)			80.9%
BP systolic > 140 mmHg (% of complete)			10.5%
BP diastolic > 90 mmHg (% of complete)			5.3%

## LIPIDS (45-69 years)

Your practice			Phase 1 & Phase 2
Men % (n)	Women % (n)	Total % (n)	Total %
Complete TC data (% of age group 45-69)			72.6%
TC >4 mmol/L (% of complete)			92.6%
Complete LDL data (% of age group 45-69)			73.7%
LDL > 2.5 mmol/L (% of complete)			80%
Complete HDL data (% of age group 45-69)			71.9%
HDL ≤ 1.0 mmol/L (% of complete)			12.5%
Complete TG data (% of age group 45-69)			72.8%
TG ≥1.5 mmol/L (% of complete)			25.2%

TC=Total Cholesterol, TG = Triglycerides

## ABSOLUTE CARDIOVASCULAR RISK (45-69 years)

Your practice			Phase 1 & Phase 2
Men % (n)	Women % (n)	Total % (n)	Total %
Complete data (% of age group 45-69)			18.2%
High risk* (% of complete)			1.4%

\*CVAR >15% or BP systolic ≥180 mmHg or BP diastolic ≥ 110mmHG or Total cholesterol >7.5 mmol/L

### Points for reflection:

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## MANAGEMENT OF RISK FACTORS

The following table show the number and percentage of patients with elevated risk for developing diabetes and heart disease who had their risk factors assessed within the recommended timelines and who have received medication as recommended by the guidelines.

### Assessment and management of patients with hypertension

Current guidelines recommend that patients with Hypertension (HT) have their blood pressure checked every 12 months.

	Your practice % (n)	Phase 1 & Phase 2 %
Total patients with HT (% of total)		10.2%
With BP recorded in past 12 months (% of patient with HT)		92.8%
With BP systolic > 140 (% of HT patients with BP record)		20.5%
With BP diastolic > 90 (% of HT patients with BP record)		13.8%
On antihypertensive medication (% of patients with HT)		70.7%

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Current guidelines recommend that patients with Hyperlipidemia (HL) have their lipids checked every 12 months.

	Your practice % (n)	Phase 1 & Phase 2 %
Total patients with HL (% of age group 45-69)		14%
With lipids tested in past 12 months (% of patient with HL)		94.6%
With total cholesterol >4 (% of HL patients with lipid test)		93.85%
With LDL-C > 2.5 (% of HL patients with lipid test)		79.8%
On lipid lowering medication (% of patient with HL)		65.2%

## Management of patients with elevated absolute cardiovascular risk (45-69 years)

Scores for 5 year absolute cardiovascular risk (CVAR) are available only for patients with complete data for age, sex, smoking status, systolic BP, Total cholesterol, and HDL .

	Your practice % (n)	Phase 1 & Phase 2 %
Total patients with high CVAR* (% of age group 45-69 with complete data)		1.42%
On antihypertensive medication (% of patients with high CVAR)		11.1%
On lipid lowering medication (% of patients with high CVAR)		16.7%

\*CVAR > 15% or BP systolic  $\geq$ 180 mmHg or BP diastolic  $\geq$  110mmHG or Total cholesterol >7.5 mmol/L

## Fasting Blood Glucose screening for patients at risk

	Your practice % (n)	Phase 1 & Phase 2 %
Overweight or obese patient Total (% of complete BMI)		32.8%
Patients with high CVAR* Total (% age group 45-69 with complete data)		6.7%

\*CVAR > 15% or BP systolic  $\geq$ 180 mmHg or BP diastolic  $\geq$  110mmHG or Total cholesterol >7.5 mmol/L

### Points for reflection:

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