



MONASH
University

ANNUAL REPORT 2024

AUSTRALIAN DIABETES CLINICAL QUALITY REGISTRY



This report was produced by the Australian Diabetes Clinical Quality Registry.

The data contained in this report pertains to data submitted to the registry from 1 May 2024 to 31 August 2024.

Suggested citation:

Australian Diabetes Clinical Quality Registry Annual Report 2024. Monash University, School of Public Health and Preventive Medicine, February 2025, Report No 2, 88 pages.

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Report No: 2, February 2025

Acknowledgment of First Peoples

In the spirit of reconciliation, the Australian Diabetes Clinical Quality Registry acknowledges the Traditional Custodians of Country throughout Australia and their connections to land, sea and community. We pay our respect to their Elders past and present, and extend that respect to all Aboriginal and Torres Strait Islander peoples today.

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FOREWORD

FROM OUR REGISTRY LEAD

I am delighted to present the second Australian Diabetes Clinical Quality Registry (ADCQR) Annual Report.

As highlighted in the recent Parliamentary Enquiry into Diabetes, Australia is faced with a number of key challenges in dealing with chronic illness; the foremost of which is diabetes. The ADCQR is an integral national resource to comprehensively understand the current state of play in diabetes care and outcomes and monitor the evolving landscape. The ADCQR also provides the opportunity for participating health services to review their data, identify care gaps and target quality improvement initiatives to improve care.

I am thrilled that in the second year of implementation, the ADCQR had 49 health services contributing data on almost 3000 patients with diabetes. This report is a testament to the dedication, collaboration and unwavering commitment of healthcare professionals and their patients to better understand the challenges posed by diabetes.

I would like to acknowledge the efforts of all who have contributed to this report.

First, I would like to thank all the staff at participating health services for their time collecting data and their patients who allow us to learn from their data. Second, I would like to thank the ADCQR Scientific Advisory Committee and Project Executive for their expertise,

determination, and incredible work to deliver this report and the Australian Diabetes Society and National Association for Diabetes Centres for their continued support and championing of the Registry. Last, I would like to acknowledge the Australian Department of Health and Aged Care, who have provided the funding that has made this activity possible.

Looking forward, we expect to see further growth in participation by health services and inclusion of more patients from across the country. We will continue to foster collaboration amongst our diabetes community of practice and explore new approaches to enhance use of the data and reports for quality improvement to ensure that the Registry is making an impact on clinical care and outcomes both at an individual health service and national level.

I hope our Annual Report is useful and engaging.



Professor Sophia Zoungas
*Registry Lead, Australian Diabetes
Clinical Quality Registry*

FROM THE PRESIDENT OF THE ADS

As President of the Australian Diabetes Society (ADS), I am very pleased to write this foreword for the Australian Diabetes Clinical Quality Registry (ADCQR) Annual Report 2024. This report represents the culmination of extensive, ongoing hard work from many people from the National Association of Diabetes Centres (NADC, a Division of the ADS), the ADCQR Team and Monash University under the guidance and leadership of Prof Sophia Zoungas.

More than 1.5 million Australians are living with diabetes and deserve the best possible evidence-based care. The ADCQR Annual Report is a comprehensive snapshot of clinical and patient-reported outcomes representing data acquired from primary, secondary and tertiary health settings across Australia. The ADCQR makes a critically important contribution each year towards this goal by providing real world data that guides strategy to evaluate and improve the safety and quality of this care across the country.

I am certain that you will find the information provided as part of the ADCQR Annual Report in 2024 of value and an enabler to improve services through quality improvement initiatives. Importantly, the report also provides the evidence to guide policy development and advocacy to government so that we can support a sustainable diabetes workforce and fund services to deliver the best care possible.



Professor Josephine Forbes
*President, Australian
Diabetes Society*

ABBREVIATIONS AND ACRONYMS

ACE	Angiotensin Converting Enzyme
ACSQHC	Australian Commission on Safety and Quality in Health Care
ADCQR	Australian Diabetes Clinical Quality Registry
ACR	Albumin-to-Creatinine Ratio
ADS	Australian Diabetes Society
AER	Albumin Excretion Rate
ANDA	Australian National Diabetes Audit
ARB	Angiotensin II Receptor Blockers
BMI	Body Mass Index
BP	Blood Pressure
CABG	Coronary Artery Bypass Graft
CoE	Centre of Excellence
COVID-19	Coronavirus Disease-2019
CSII	Continuous Subcutaneous Insulin Infusion
CQR	Clinical Quality Registry
CVD	Cardiovascular Disease
DKA	Diabetic Ketoacidosis
DPP4	Dipeptidyl Peptidase-4
DVA	Department of Veterans Affairs
eGFR	Estimated Glomerular Filtration Rate
GIP	Gastric Inhibitory Polypeptide
GLP-1	Glucagon-Like Peptide-1
HbA1c	Glycated Haemoglobin
HDL	High-Density Lipoprotein
HHS	Hyperosmolar Hyperglycaemic State
IQR	Interquartile Range
KDIGO	Kidney Disease Improving Global Outcomes
LDL	Low-Density Lipoprotein
NADC	National Association of Diabetes Centres
NDOQRIN	National Diabetes Outcomes Quality Review Initiative
NDSS	National Diabetes Services Scheme
NMA	National Mutual Acceptance
Non-HDL	Non-High-Density Lipoprotein
PCR	Protein-to-Creatinine Ratio
PCSK9	Proprotein Convertase Subtilisin/Kexin Type 9
PER	Protein Excretion Rate
PI	Principal Investigator
REDCap	Research Electronic Data Capture
SD	Standard Deviation
SGLT2	Sodium-Glucose Co-Transporter 2
SPHPM	School of Public Health and Preventive Medicine
T1DM	Type 1 Diabetes Mellitus
T2DM	Type 2 Diabetes Mellitus

EXECUTIVE SUMMARY

Diabetes is one of the most pressing public health challenges of our time, affecting 1 in 10 Australians. As we continue to grapple with the rising prevalence of diabetes, understanding its impact and fostering high quality care are crucial.

The Australian Diabetes Clinical Quality Registry (ADCQR) is an important step toward better tracking, benchmarking, and understanding of the complexities of diabetes care.

Funded and supported by the Australian Government as part of the National Clinical Quality Registry Program, the ADCQR is a clinician-led Clinical Quality Registry (CQR) managed by Monash University and supported and championed by our key national peak bodies the National Association of Diabetes Centres (NADC) and Australian Diabetes Society (ADS).

ADCQR plays a crucial role in identifying variation in care and providing feedback to clinicians and health services, with the aim of continuously improving the standard of care and focussing quality improvement efforts on addressing these discrepancies effectively.

ADCQR also serves as a vital resource for all stakeholders—patients, doctors/allied health professionals, researchers, and policymakers—who are committed to making significant progress in diabetes care and improving the outcomes and quality of life of those living with diabetes.

By collecting and analysing data from the diverse group of individuals with diabetes from across the country, the ADCQR provides invaluable insights into our current health care challenges and the evolving diabetes landscape (such as the prevalence of non-traditional diabetes complications, and the uptake of new technologies and treatment strategies).

In line with the vision of the National CQR Strategy, ADCQR aims to improve healthcare quality and outcomes by:

- Collecting ongoing health outcome data for people with diabetes, regardless of where they receive their care or at what stage of their diabetes journey they are at
- Monitoring and reporting on the quality (appropriateness and effectiveness) of health care for people with diabetes by routinely collecting and analysing health outcome data
- Providing clinicians, health service managers, patients and other stakeholders with ongoing feedback on clinical practice and outcomes for people with diabetes to improve the quality of care

In the second year of implementation, ADCQR included 49 participating diabetes services, collecting data from 2904 adults with diabetes between May and August 2024.

The pooling of de-identified data from all participating diabetes services forms the basis of this report with every effort made to ensure data were complete and correct prior to analysis (with the amount of missing data reduced to on average < 8.0%). Data are grouped according to the various aspects of health status and clinical characteristics, including patient-reported outcomes.

Unless otherwise indicated, outcomes are reported as the percentage of registrants who answered the question, not the percentage of the total group.

This year, ADCQR has introduced benchmarking of participating diabetes services through presentation of risk-adjusted funnel plots for four key clinical indicators.

Key findings from the 2024 report include:

1. An ongoing need to focus on management of glycaemic control (including prevention of acute glycaemic emergencies) and other cardiovascular risk factors especially blood pressure, lipids and weight, as complication rates remain high
2. Considerable uptake of new cardiorenoprotective treatments among those with type 2 diabetes (T2DM)
3. Considerable uptake of continuous glucose monitoring technologies among those with type 1 diabetes (T1DM)
4. Inadequate screening for mental health conditions (among those that do not have a reported condition) given the well established relationship between diabetes care and diabetes distress, anxiety and/or depression
5. An ongoing need to focus on patient self-care practices and preventive care such as diet/nutrition management, physical activity and vaccination

The ADCQR extends its gratitude to the diabetes services and their patients who have participated and contributed to this activity. The ADCQR would not be possible without the willingness of patients to provide their data and ongoing support by staff (clinicians, nurses and other staff members) at participating services to collect the data. The involvement of these patients and diabetes services is greatly valued and can truly make a difference in the lives of others; it helps us to better understand and tackle the challenges that people with diabetes are facing, and work towards improving outcomes.

KEY FINDINGS

DEMOGRAPHICS



49

Participating Centres



2904

Patients



26

Centres of Excellence
& Tertiary Care
Centres



23

Secondary
& Primary Care
Centres



7

States
& Territories

SEX DISTRIBUTION



43.6%

Females



56.4%

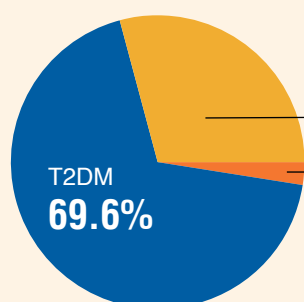
Males



0.03%

Other

TYPES OF DIABETES*



27.4%

T1DM

2.9%

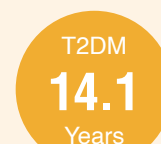
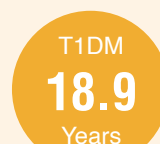
Other
(Secondary
Causes)

**Excluding unknown or unstated diabetes type*

MEAN AGE



MEDIAN DURATION OF DIABETES



BLOOD GLUCOSE MONITORING

T1DM BLOOD GLUCOSE MONITORING

9.7%

Blood Glucose
Self Monitoring
Only

80.5%

Continuous
Glucose
Monitoring Only

9.8%

Both Blood &
Continuous
Glucose
Monitoring

T2DM BLOOD GLUCOSE MONITORING

16.9%

No Regular
Blood Glucose
Monitoring

77.0%

Blood Glucose
Self Monitoring
Only

5.1%

Continuous
Glucose
Monitoring
Only

0.9%

Both Blood &
Continuous
Glucose
Monitoring

T1DM: Type 1 Diabetes Mellitus; T2DM: Type 2 Diabetes Mellitus

GLUCOSE MANAGEMENT

T1DM

8.0%

MEAN HBA1C (%)

7.7%

MEDIAN HBA1C (%)



68.4%

Multiple Daily
Injections Of Insulin



31.6%

Continuous Subcutaneous
Insulin Infusion



11.7%

Additional Non-Insulin
Therapy

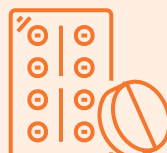
T2DM

8.3%

MEAN HBA1C (%)

8.0%

MEDIAN HBA1C (%)

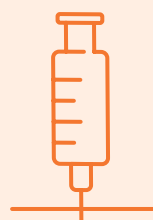


18.0%

On 1 Glucose
Lowering Therapy

29.9%

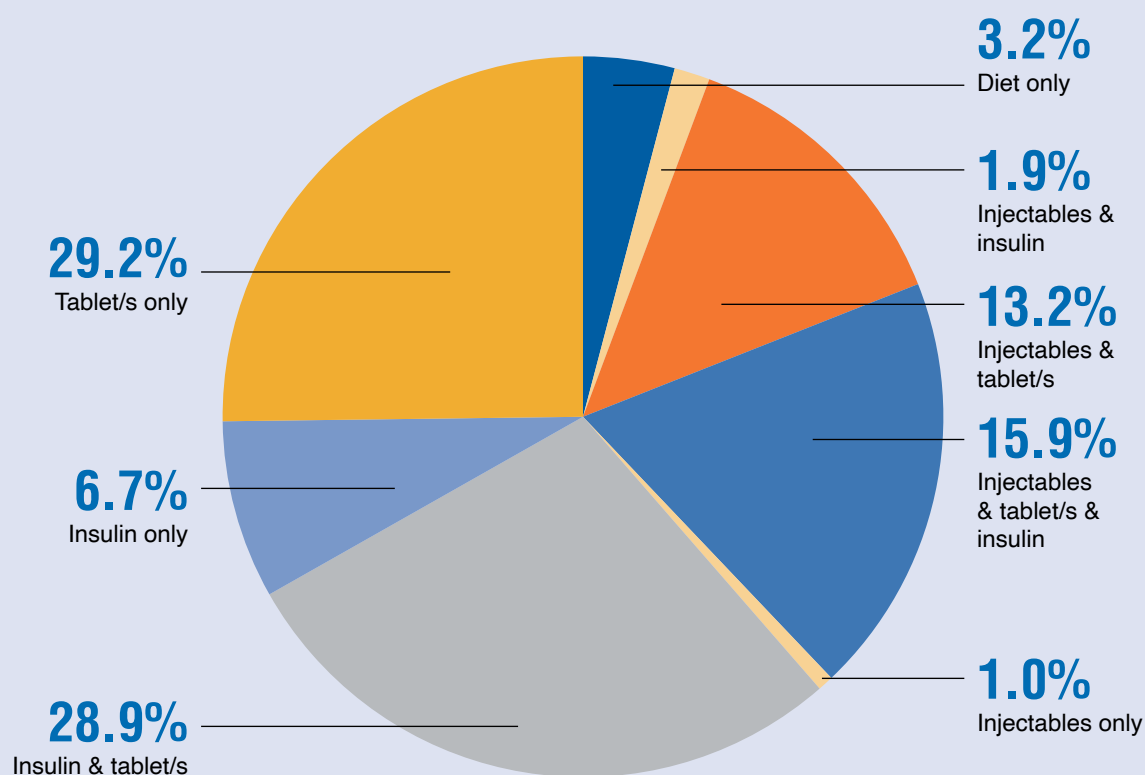
On 2 Glucose
Lowering Therapies



52.1%

On ≥3 Glucose
Lowering Therapies

TYPES OF GLUCOSE LOWERING THERAPIES (T2DM ONLY)



RISK FACTORS

CHOLESTEROL



54.9%

Total Cholesterol ≥ 4.0 mmol/L

35.6%

Not On Lipid Modifying Therapy

SMOKING



32.6%

Past Smokers

14.5%

Current Smokers

BLOOD PRESSURE



66.5%

Blood Pressure $\geq 130/80$ mmHg

35.5%

Blood Pressure $\geq 140/90$ mmHg

38.6%

Not On Antihypertensive Therapy

BODY MASS INDEX



31.3 KG/M²

Mean BMI

T1DM 67.9%

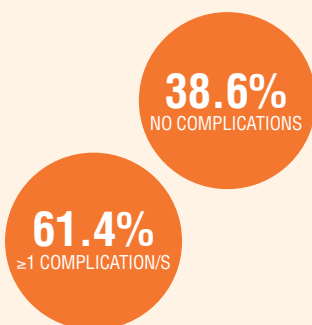
Overweight/Obese

T2DM 87.0%

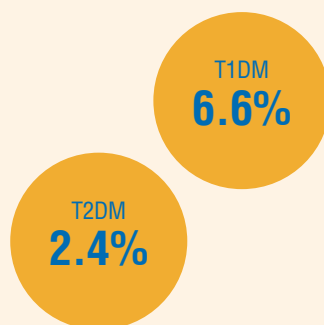
Overweight/Obese

COMPLICATIONS (EVER REPORTED)

OVERALL COMPLICATIONS

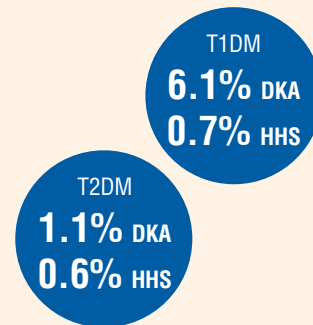


EXPERIENCED SEVERE HYPOGLYCAEMIA*



*In the last 12 months

EXPERIENCED DKA OR HHS*



*In the last 12 months

CARDIOVASCULAR DISEASE



16.6%

Myocardial Infarction/CABG



5.8%

Stroke

9.0%

Peripheral Vascular Disease

KIDNEY AND EYE DISEASE



21.5%

Retinopathy



2.5%

Blindness

6.0%

End-Stage Kidney Disease

FOOT COMPLICATIONS



11.7%

Foot Ulceration

24.7%

Peripheral Neuropathy

5.3%

Amputation

CABG: Coronary Artery Bypass Graft; DKA: Diabetic Ketoacidosis; HHS: Hyperosmolar Hyperglycaemic State

PATIENT REPORTED OUTCOMES

HEALTH PROFESSIONAL ATTENDANCES (IN THE LAST 12 MONTHS)



66.8%

Diabetes Educator/Nurse Practitioner



35.1%

Dietitian



80.4%

Ophthalmologist/Optometrist



14.9%

Psychologist/Psychiatrist



53.8%

Podiatrist



21.0%

Exercise Physiologist/
Physiotherapist

PHYSICAL ACTIVITY



64.2%

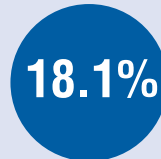
<150 Mins/Week
Moderate Or
Vigorous Activity



58.1%

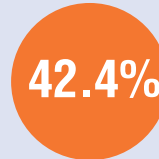
No Muscle
Strengthening
Exercise

NUTRITION/DIET MANAGEMENT



18.1%

Insufficient Time To
Prepare Healthy Meals



42.4%

Too Costly To Eat Well



7.0%

Don't Know What Foods
Are Best To Eat



40.3%

T1DM Only - Hard To
Count Carbs/Weigh Food

VACCINATIONS



73.9%

Did Not Receive A COVID-19
Vaccination/Booster In The
Last 6 Months



36.7%

Did Not Receive An
Influenza Vaccination In
The Last 12 Months



77.0%

Were Not Up-To-Date With
Pneumococcal Vaccination

A photograph of a man and a young boy planting a small tree in a forest. The man, on the left, is wearing a blue and red plaid shirt and is looking down at the boy. The boy, on the right, is wearing a blue and white striped shirt and is looking up at the tree with a smile. The background is a lush green forest with sunlight filtering through the trees. The text 'SECTION 1' is overlaid on the left side of the image in a bold, orange font.

SECTION 1

REGISTRY OVERVIEW

BACKGROUND

Diabetes represents one of the biggest challenges facing healthcare systems. In Australia, 1 in 20 (1.5 million) people are living with diabetes, with 300 Australians developing diabetes every day.¹ While there have been improvements in the treatment and management of diabetes, the chronic nature of the condition and complex interplay between risk factors, means that people with diabetes are more likely to develop multisystem complications such as cardiovascular and kidney diseases, and eye and foot complications. As a result, the economic burden of diabetes is large, with an estimated \$3.4 billion of health care spending in 2020-21 attributed to diabetes in Australia (representing 2.3% of

total disease expenditure).² The largest contributors to this spending were medications dispensed as part of the Pharmaceutical Benefits Scheme and hospitalisations/hospital services.

The Australian Government recognises the burden of diabetes, developing the Australian National Diabetes Strategy to outline Australia's national response to diabetes and inform how health care and other resources can be better coordinated and targeted across all levels of government.³ The main components of the Australian National Diabetes Strategy are summarised in Table 1.

TABLE 1. COMPONENTS OF THE AUSTRALIAN NATIONAL DIABETES STRATEGY, 2021-2030

Vision	Strengthen, integrate and coordinate all sectors to improve health outcomes and reduce the social and economic impact of diabetes in Australia
Principles	1. Facilitation of person-centred care and self-management throughout life 2. Reduction of health inequities 3. Collaboration and cooperation to improve health outcomes 4. Coordination and integration of diabetes care across services, settings, technology and sectors 5. Measurement of health behaviours and outcomes
Goals	1. Prevent people developing type 2 diabetes 2. Promote awareness and earlier detection of type 1 and type 2 diabetes 3. Reduce the burden of diabetes and its complications and improve quality of life 4. Reduce the impact of pre-existing diabetes and gestational diabetes in pregnancy 5. Reduce the impact of diabetes among Aboriginal and Torres Strait Islander peoples 6. Reduce the impact of diabetes among other priority groups 7. Strengthen prevention and care through research, evidence and data

The quality of care can influence the trajectory of diabetes and quality of life for people living with diabetes, as well as the economic burden. Clinical Quality Registries (CQRs) are unique safety and quality clinical data collections that systematically monitor and report on the quality of health care.⁴ Therefore, information generated by CQRs can be used to improve the quality of care, and reduce variation in care. The Australian Commission on Safety and Quality in Health Care (ACSQHC) identified diabetes as a priority area for the development of a CQR.⁵ In 2023, the ADCQR was implemented, representing the first CQR for adults with diabetes in Australia. The ADCQR captures patients from diagnosis right through to advanced complications, and will continue to reflect the nature of diabetes care as the Registry matures.

The ADCQR is a key contributor towards the goals of the Australian National Diabetes Strategy, and conforms to the ACSQHC Framework for Australian CQRs³ and Australian Government Department of Health National Clinical Quality Registry and Virtual Registry Strategy 2022-2030.⁶

The ADCQR is the successor to the national audit and feedback activity, Australian National Diabetes Audit (ANDA), and therefore has benefited and leveraged from the formative work undertaken as part of ANDA.⁷ The Registry (as part of its deliverables) produces annual site-specific reports, as well as an annual report on the current state of the nation, to identify variations in care and inform quality improvement initiatives.

VISION AND AIMS

The ADCQR endeavours to become a learning health ecosystem in diabetes care with the vision of participating health services continuously learning from the data collected (Figure 1). Its importance lies in the improvements in the quality and safety of care, and the promotion of the ADCQR for research use to better understand the trajectory of diabetes.

The aim of the ADCQR is to develop a longitudinal, multi-centre diabetes CQR to optimise quality of care provided to people diagnosed with diabetes. This will be achieved by:

1. Assessing patterns of care and access to care
2. Identifying variability in treatments/outcomes amongst people with diabetes
3. Benchmarking of process and outcome measures amongst providers of care

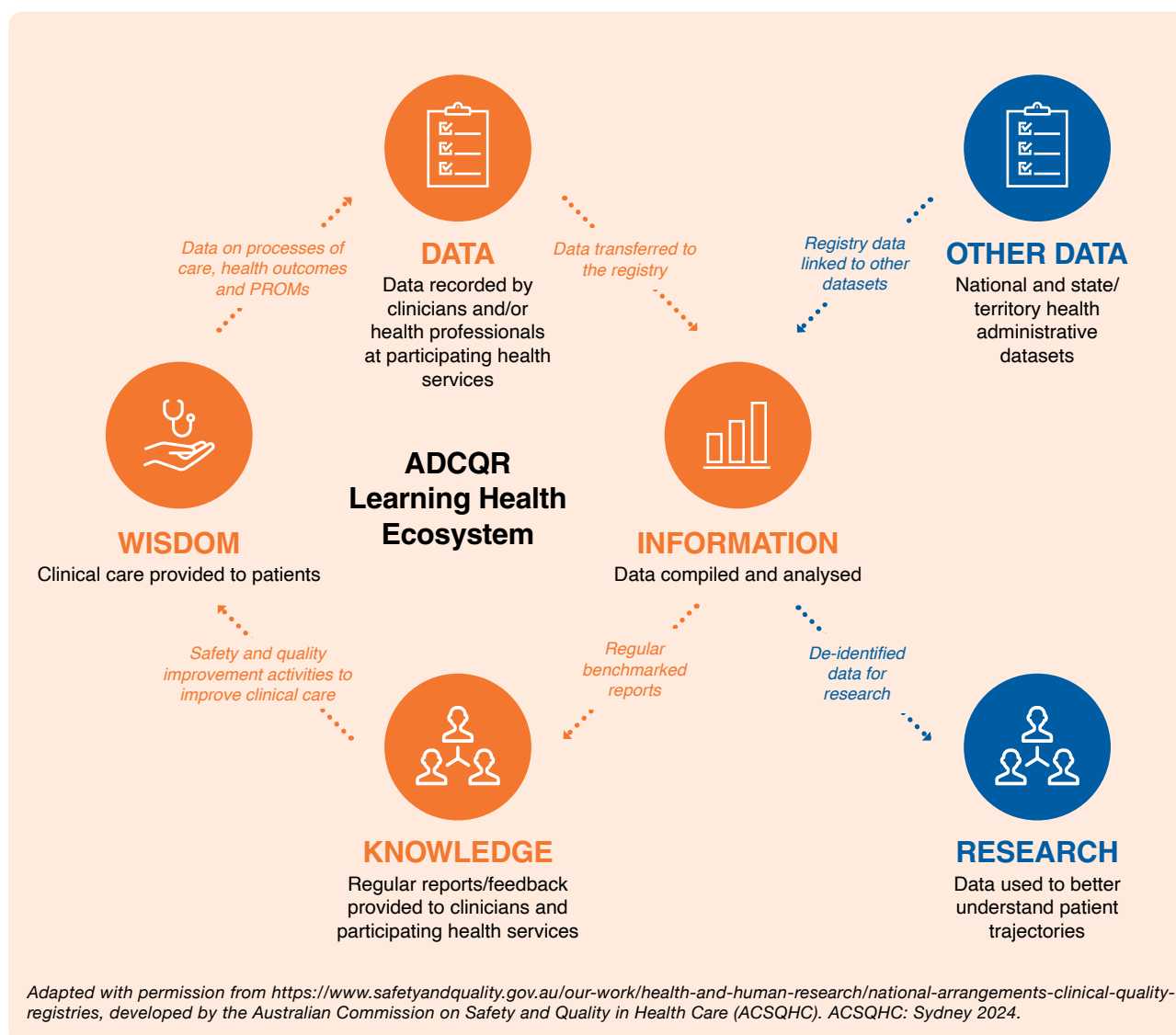
4. Determining the degree of compliance (and reasons for non-compliance) with best practice-based guidelines for the treatment of diabetes

5. Identifying patient factors and processes of care that predict favourable and unfavourable treatment outcomes.

In addition, this diabetes CQR will improve knowledge and advance treatment by:

6. Monitoring trends in outcomes and survival over time;
7. Providing an infrastructure on which intervention or other studies can be established
8. Determining the clinical effectiveness of treatments in a 'real world' setting
9. Providing information to assist in the credentialing of clinicians and identification of appropriate training resources.

FIGURE 1. ADCQR FEEDBACK LOOP AND LEARNING HEALTH ECOSYSTEM



SECTION 2

REGISTRY METHODOLOGY

ETHICS APPROVAL

The ADCQR was established to improve the quality of care and outcomes for people living with diabetes and is considered to be in the public's interest.

To function as a CQR, the ADCQR collects, stores, and uses identifiable, personal and sensitive health information about people with diabetes.

The opt-out approach to participation is used to recruit participants due to the scale and significance of the Registry. In accordance with the State and Federal privacy legislation of Australia, the Australian National Statement for Ethical Conduct in Research,⁸ the ADCQR has ethics approval under the National Mutual Acceptance (NMA) scheme from the Monash Health Human Research Ethics Committee. Additional ethics approvals are sought from participating sites that do not operate under the NMA.

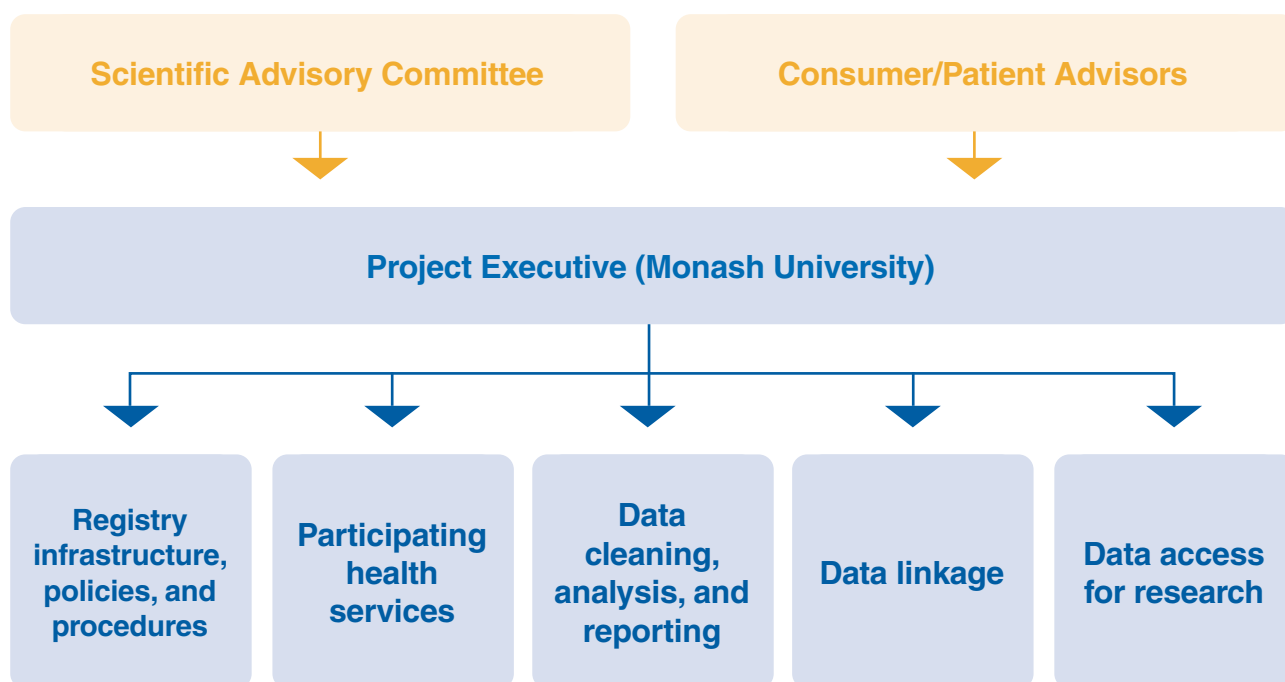
As part of local research governance processes, it is a requirement for all sites registered to obtain ethics approval and local research governance authorisation prior to commencing data collection.

GOVERNANCE

The Registry custodian is the School of Public Health and Preventive Medicine (SPHPM), Monash University, and the ADCQR is operated by the Project Executive at SPHPM, under the leadership of Professor Zoungas.

The ADCQR Scientific Advisory Committee provides strategic guidance to the Project Executive to ensure the objectives, outcomes and deliverables of the ADCQR, as specified by the Australian Government Department of Health and Aged Care are achieved (Figure 2). This committee consists of representatives of key stakeholder organisations including endocrinologists, general practitioners, consumer representatives, Aboriginal and Torres Strait Islander representatives, and representatives from national peak bodies, and is working to the agreed Terms of Reference with the ultimate vision of assisting the ADCQR to maintain high visibility, appropriate engagement and relevance for diabetes service delivery. The ADCQR Project Executive and Scientific Advisory Committee members are listed at the end of this report.

FIGURE 2. ADCQR GOVERNANCE STRUCTURE

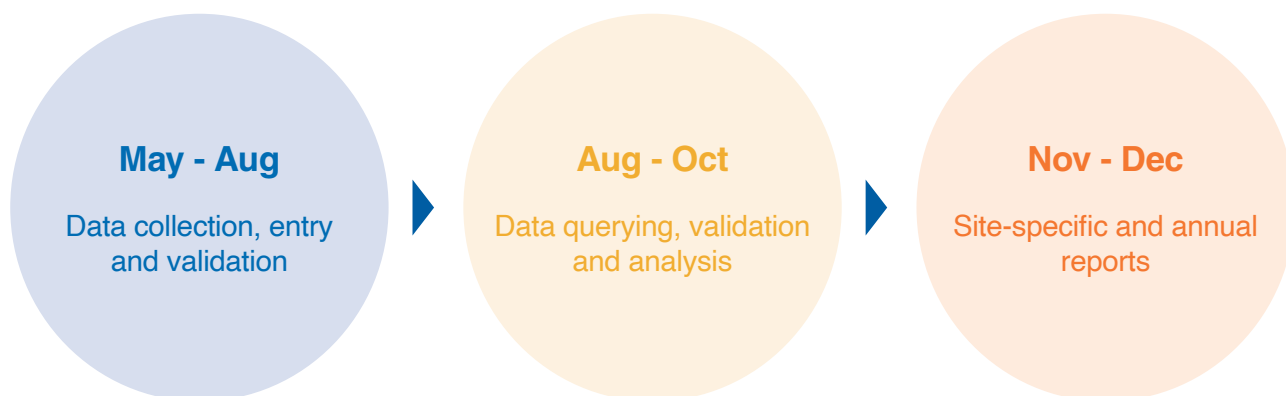


KEY REGISTRY MILESTONES

Expressions of interest and local research and governance processes are ongoing. To reduce the burden on participating health services, the ADCQR collects data during the months of May to June (n.b. participating health services self-select a continuous four-week period during the sampling period to collect data on consecutive

patients with diabetes who attend the service and meet the inclusion criteria). The data collection period may be extended until the censorship date of 31 August of each year, at which time the Registry freezes the data for data cleaning, analysis and reporting. The major Registry Milestones are summarised in Figure 3.

FIGURE 3. ADCQR KEY MILESTONES



RECRUITMENT

SITE RECRUITMENT

Sites are recruited through the National Association of Diabetes Centres (NADC), a sub-division of the Australian Diabetes Society (ADS). The NADC, established in 1994, is a national collective of centres that are involved either directly or indirectly in diabetes services and care, brought together by a common desire to see improvement in the standard of diabetes care in Australia.⁹ The NADC takes a leadership role in developing, fostering and supporting networks between diabetes services [from primary care to tertiary (hospital) care settings], recognising that diabetes care requires a shared, multidisciplinary approach. The NADC facilitates and promotes improved standards of diabetes care by implementing evidence-based policies and procedures, including developing national standards and auditing and benchmarking activities.

There are six membership/accreditation levels of the NADC. The ADCQR currently recruits sites from primary, secondary, tertiary and centre of excellence services:

- 1. Centres of Excellence**
Diabetes centres that have demonstrated excellence in education, research, service delivery, practice/policy development and national influence. These centres must be tertiary-level facilities.
- 2. Tertiary Care Diabetes Services**
These centres are hospitals with a full range of clinical diabetes service providers including endocrinologists, credentialed diabetes educators, dietitians and podiatrists on staff (full-time) and have demonstrated a high standard of care through service delivery and organisational capacity.
- 3. Secondary Care Diabetes Services**
These centres are typically community services with a range of full and/or part-time diabetes staff but often do not have an endocrinologist as part of their usual team.
- 4. Primary Care Diabetes Services**
These centres have part-time staff and work closely with local general practitioners to provide care for people with diabetes.
- 5. Pharmacy Diabetes Services**
These centres have staff that have received training and/or have expertise in diabetes and work closely with the local general practitioners (GPs) and allied health staff to provide additional care and services in the pharmacy context.
- 6. Network Members**
The NADC Network membership is offered to Primary Health Networks (PHNs) and State and Territory Government organisations who work directly with GPs, and other health care providers to facilitate improved outcomes for patients.

In 2024, there were 208 NADC member diabetes centres across Australia; these operate in a range of locations and facilities from major metropolitan adult and children's hospitals to community-based services including general practices and pharmacies.

PARTICIPANT RECRUITMENT

Participants are recruited through the participating site (health service) based on the following criteria:

Inclusion criteria

- Attend a participating centre
- Age $\geq$ 18 years
- Patients with T1DM, T2DM or other (secondary) forms of diabetes
- Have the capacity to make the decision to opt-out or to be included in the Registry

Exclusion criteria

- Age < 18 years
- Female patients with a diagnosis of gestational diabetes mellitus (not known to have established diabetes)

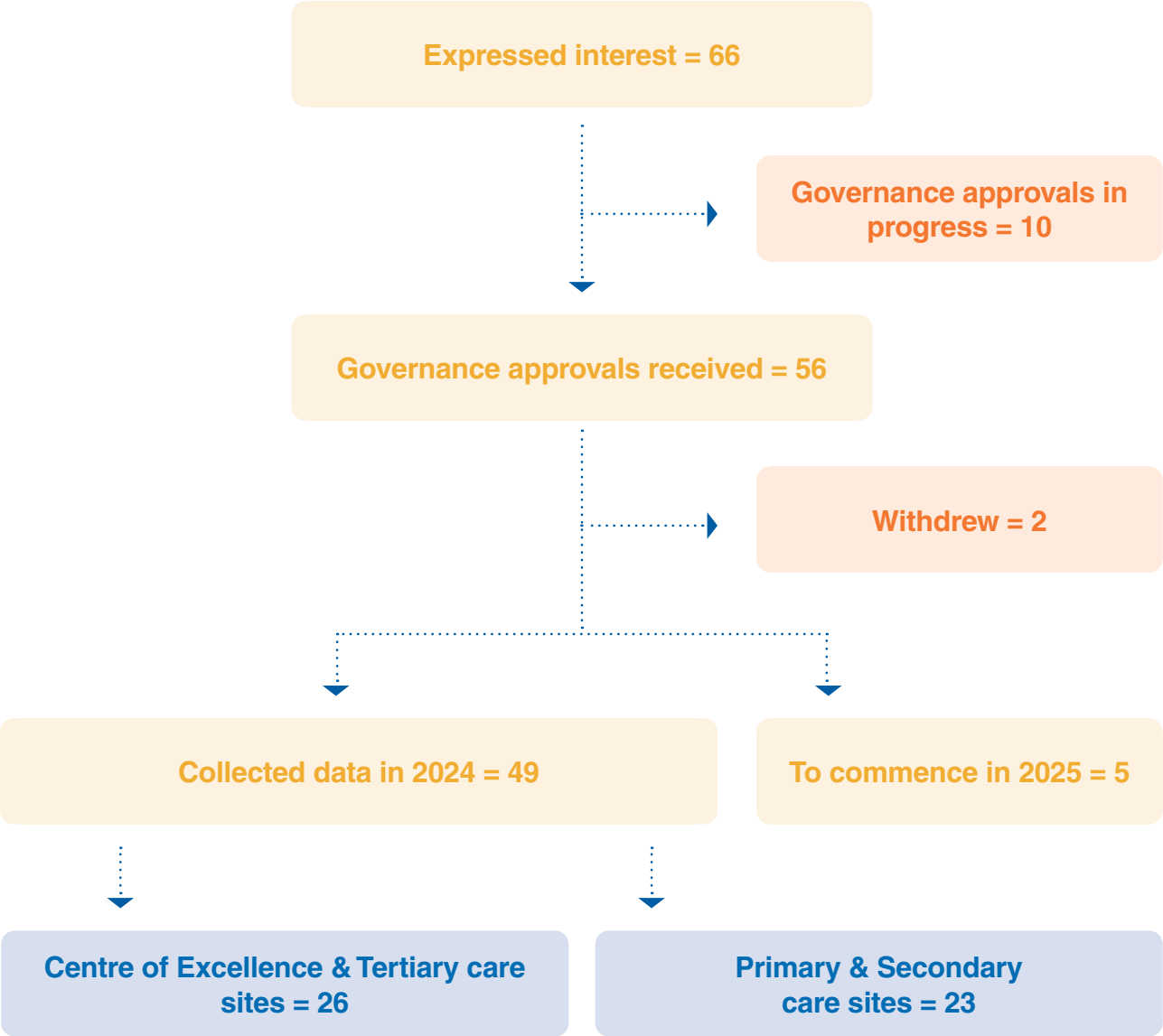
As participants are recruited using the opt-out approach, prospective eligible participants are provided with the Registry participant information sheet by a staff member at their health service, to inform them that their information will be shared with the Registry, and how to opt out if they change their mind and do not want their information shared. Moreover, their data are entered into the Registry 'holding database' for a two-week period where the data is stored and not used for any purpose, prior to their consent being assumed and their data included in the Registry.

HOW MANY SITES AND PARTICIPANTS WERE INVOLVED IN THE ADCQR IN 2024?

In the first two years of the Registry’s operation, 66 diabetes centres expressed an interest in participating in the ADCQR (Figure 4). Of those expressing interest, 56 sites (84.8%) received governance authorisation in time to collect data during the specified sampling period in 2024, and 10 sites (15.2%) are pursuing governance process/approval with the support of the ADCQR team.

Of the 56 sites who received governance authorisation, 2 sites withdrew from the activity, and 5 sites postponed data collection until 2025 due to staffing pressures and/or late approvals. Therefore, data were received, processed, analysed and reported from 49 sites, comprising 26 sites (53.1%) from Centres of Excellence (CoE) & Tertiary care settings and 23 sites (46.9%) from Secondary & Primary care settings. Moreover, data was collected and processed on 2904 patients with diabetes, 1942 (66.9%) from CoE & Tertiary care settings and 962 (33.1%) from Secondary & Primary care settings.

FIGURE 4. ADCQR 2024 SITE PARTICIPATION



DATA COLLECTION

WHAT INFORMATION DO WE COLLECT?

The ADCQR has leveraged from the formative work undertaken as part of ANDA.

In brief, the ANDA dataset used an enhanced version of the National Diabetes Outcomes Quality Review Initiative (NDOQRIN) dataset, aimed at improving diabetes care through a structured approach to patient management.¹⁰ Initially, this was based on the NDOQRIN minimum dataset linked to the NSW Clinical Management Guidelines for Diabetes,¹¹ with subsequent updates/enhancements to the dataset over the years based on feedback from participating health services, as well as the latest research and evidence in diabetes care and quality improvement.

The ADCQR minimum dataset is based on ANDA 2022. This has considerable similarity with international datasets throughout the United States of America and Europe.¹²⁻¹⁵ Compared to international registries, the ADCQR provides comprehensive reporting on multidisciplinary care, diabetes complications and psychological factors, but lacks benchmarking of structural measures, smoking counselling, conception/pregnancy counselling and contraceptive counselling.¹³ Overall, the high rates of agreement with international practice, supports the validity of the ADCQR in the benchmarking of key quality indicators regarding diabetes care within Australia.

The ADCQR captures clinical indicators as well as patient reported outcomes. The clinical component is collected by the clinician or staff member at the participating

site and may be collected during the patients' clinical consult or via medical records. It includes information on demographics, blood glucose control and management methods, other risk factors/biomarkers, medication use, as well as complications and comorbidities. The patient reported component is self-reported by the patient either directly or with a health professional at their diabetes health service prior to (in the waiting room) or during their clinical consult. Participating sites decide how best to deliver the patient reported component for their patient and/or health service. Completion of the questionnaire directly by patients was intended to reduce the burden of data collection on participating sites. The patient reported component consists of one-page and includes information on smoking status, vaccination status, health professional attendances, medication use, patient self-care practices including nutrition/diet management and physical activity.

The data collection forms captured most fields using yes/no responses or other choice options to reduce the amount of written data required. The data collection forms are included in Appendix 1.

The ADCQR provides participating health services with a data definitions document, including the ADS Type 2 Diabetes Glycaemic Management Algorithm¹⁶ to assist in the collection of data on treatments (Appendix 2). The ADCQR Public Facing Data Dictionary provides details on the variables collected and is available on the ADCQR website: <https://www.monash.edu/medicine/sphpm/adcqr>

HOW DO WE COLLECT THIS INFORMATION?

Participating sites have the option to choose from three methods of data collection outlined below.

Web-based data collection – Research electronic data capture (REDCap)

The web-based electronic data capture application employed was REDCap.¹⁷ Study data were collected and managed using REDCap electronic data capture tools hosted and managed by Helix (Monash University). REDCap is a secure, web-based application designed to support data capture for research studies,^{18,19} providing:

1. An intuitive interface for validated data entry
2. Audit trails for tracking data manipulation and export procedures
3. Automated export procedures for seamless data downloads to common statistical packages
4. Procedures for importing data from external sources

Branching logic coding was used to skip irrelevant questions. Data validations were put in place to help prevent data entry errors and reduce data queries. Staff were granted access to patients from their sites only.

Paper-based data collection

The Teleform© software was utilised for the design of paper data collection forms. Once completed by sites and sent to the ADCQR coordinating centre, the forms were entered directly into REDCap. Any printed data collection forms are stored in a locked room at SPHPM, Monash University.

Data Extraction

Site-specific data was securely extracted from the site's in-house database and transferred to the ADCQR coordinating centre via a secure file transfer protocol. Once received, the data was processed to align with ADCQR variables and imported directly into REDCap, ensuring that all data was centralised in a single system for streamlined access and management.

HOW DO WE STORE THIS INFORMATION?

All Registry data are kept electronically in accordance with Monash University's Information Technology Services Security Framework policy. Patient identifiable data are stored in a highly secure database that is separate to the clinical and patient reported data, to reduce the risk of data breaches. Patient clinical and patient reported data are stored within the Registry database. The data are entered into the Registry 'holding database' for a two-week period, prior to consent being assumed and patient data included in the Registry. The date of the patient consult (clinic visit) indicates the commencement of the opt-out window.

The ADCQR has established a Risk Register to continually assess and manage risk, including any risks associated with data collection and storage. This is a standing item on the agenda of all Project Executive and Scientific Advisory Committee meetings.

DATA VERIFICATION AND VALIDATION

Near complete data capture is required to ensure the Registry's reporting is accurate. Data validations and quality checks were performed for each site at the end of their data collection period. Reports were generated for each site, querying missing data, potential duplicate records and invalid or out-of-range values. Sites were encouraged to address data queries prior to resubmission to the Registry. Where duplicate records were identified (multiple case record entries for the same patient), only the first entry was retained. Data assumptions and manipulations were made according to a pre-defined list of criteria (see the Supplement to this Report). Corrected data items were updated in the database prior to final analysis.

STATISTICAL ANALYSES

DESCRIPTIVE STATISTICS

Results are presented descriptively as percentages for categorical variables, and mean and standard deviation (SD) for continuous variables. Variables that were not normally distributed are presented as median and interquartile range (IQR, where IQR is represented by the first quartile (Q1 or 25th percentile) and third quartile (Q3 or 75th percentile)). Percentages were calculated from total respondents (and did not include missing data in the denominator). Percentages may not always add to 100% due to rounding. Where N is reported, it refers to the number of patients with available data (denominator). The number of people that answered 'Yes' (numerator or n) can be estimated by multiplying the reported percentages by the number of patients with available data (denominator).

Complications/comorbidities are reported as ever reported (percentage of patients with a diagnosis/detection either in the last 12 months or prior to the last 12 months) and reported in the last 12 months only (percentage of patients with a diagnosis/detection in the last 12 months).

Urinary albumin and urinary protein levels were used to determine albuminuria. Albuminuria was determined using the Kidney Disease: Improving Global Outcomes (KDIGO) guidelines.²⁰ Where albumin measurement was missing, and proteinuria measurement was available, patients were categorised into albuminuria using the relevant thresholds outlined by KDIGO. Albuminuria was defined as:

- Normal to mildly increased: AER <30 mg/24 hours, ACR <3 mg/mmol, PER <150 mg/24 hours, or PCR <15 mg/mmol
- Moderately increased: AER 30-300 mg/24 hours, ACR 3-30 mg/mmol, PER 150-500 mg/24 hours, or PCR 15-50 mg/mmol
- Severely increased: AER >300 mg/24 hours, ACR >30 mg/mmol, PER >500 mg/24 hours, or PCR >50 mg/mmol

In Australia, urinary albumin and urinary protein levels are most commonly reported in terms of mg/L (AER and PER) and ratio (ACR and PCR using mg/mmol). To categorise patients into albuminuria using mg/L units of measurement, the following thresholds were employed:

- Normal to mildly increased: AER <20 mg/L or PER <20 mg/L
- Moderately increased: AER 20-200 mg/L or PER 20-200 mg/L
- Severely increased: AER >200 mg/L or PER >200 mg/L

eGFR levels were used to determine chronic kidney disease (CKD). KDIGO guidelines define CKD as any abnormality of kidney structure or function that is present for >3 months, with implications for health.²⁰

- Stage 1: eGFR ≥ 90 mL/min/1.73m² and evidence of kidney damage (albuminuria, urine sediment abnormalities, electrolyte and other abnormalities due to tubular disorders, structural abnormalities on histology or imaging and history of kidney transplantation)
- Stage 2: eGFR 60-89 mL/min/1.73m² and evidence of kidney damage
- Stage 3: eGFR 30-59 mL/min/1.73m²
- Stage 4: eGFR 15-29 mL/min/1.73m²
- Stage 5: eGFR <15 mL/min/1.73m²

End stage kidney disease was also captured through a separate question, where end stage kidney disease was defined as Stage 5 chronic kidney disease (eGFR <15 mL/min/1.73m²) and/or dialysis dependent (haemodialysis or peritoneal dialysis) and/or renal transplant recipient reported in the last 12 months or prior to the last 12 months.

Where number of complications are reported, these include myocardial infarction, coronary artery bypass graft (CABG)/angioplasty, stroke, congestive cardiac failure, end stage kidney disease, foot ulceration, foot amputation, retinopathy, blindness, sexual dysfunction, diabetic ketoacidosis, hyperosmolar hyperglycaemic state or severe hypoglycaemia.

Selected analyses are also reported for people with and without cardiovascular disease (CVD), where CVD includes myocardial infarction, CABG/angioplasty, stroke, congestive cardiac failure or peripheral vascular disease.



SUBGROUP ANALYSES: CENTRE TYPE

Given the different patient populations attending primary, secondary and tertiary health care settings, results by centre type are presented. For comparability, pooled patient data from CoE & Tertiary care services were compared to pooled patient data from Secondary & Primary care services.

RISK ADJUSTED FUNNEL PLOTS

Funnel plots are graphical methods used to detect variation in clinical performance across participating sites by plotting the mean values or rates (proportion) of patients at each participating site for selected key clinical indicators. Funnel plots highlight where sites may be able to achieve improved outcomes with more intensive management.

Four key clinical indicators are assessed: HbA1c, low-density lipoprotein (LDL), systolic blood pressure (SBP) and rates of severe hypoglycaemia (defined as an episode of hypoglycaemia associated with neuroglycopenia and requiring third-party assistance).

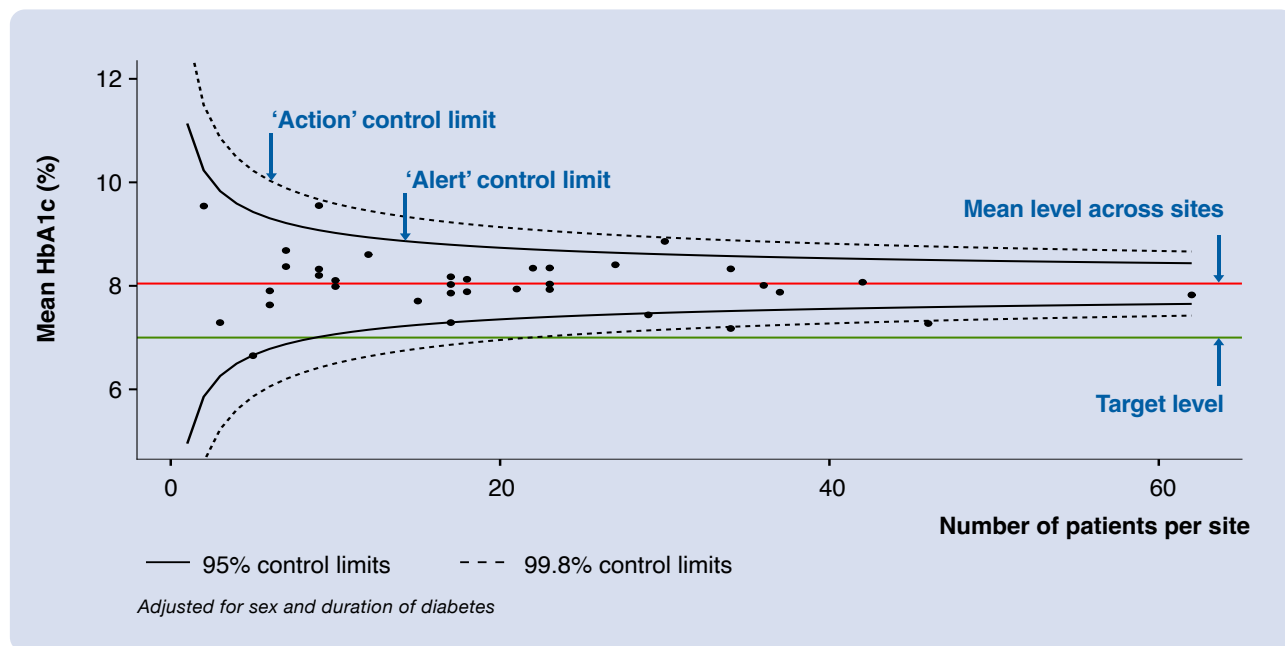
It is acknowledged that patients attending tertiary diabetes services for management are often more challenging with poorer glycaemic control and an increased complexity of care. This may skew clinical outcomes further away from target levels than may be seen in patients attending primary and secondary diabetes services. To allow comparability across sites, who may see very different patient populations, clinical performance was adjusted for statistically significant, non-care related patient factors prior to plotting such as age, sex, and duration of diabetes. The factors that have been adjusted for are included at the bottom of each graph.

'Action' control limits were set at 99.8% (approximately three SDs from the mean) and 'alert' control limits set at 95.0% (approximately two SDs from the mean). Sites positioned above the 'action' limit are considered outliers and should work towards implementing strategies to improve in this outcome measure. Sites positioned above the 'alert' limit (but below the 'action' limit) may be at risk of outlier performance.

The following is an example of how to interpret:

- The overall mean values or rates across all sites is shown by the horizontal red line.
- The target level for each clinical indicator is shown by the horizontal green line.
- 'Action' control limits are shown by the dashed contour lines and 'alert' control limits are shown by the solid contour lines.
- Sites positioned above the 'action' limit are considered outliers and should work towards implementing strategies to improve this outcome measure. Sites positioned above the 'alert' limit (but below the 'action' limit) may be at risk of outlier performance and should monitor performance.

FIGURE 5. EXAMPLE OF A FUNNEL PLOT AND INTERPRETATION



ADDITIONAL ANALYSES

The Supplement to this Report provides additional analyses including

- Key findings reported in terms of patients meeting target
- Frequency count data
- Missing data
- Post data collection questionnaire results



SECTION 3

RESULTS

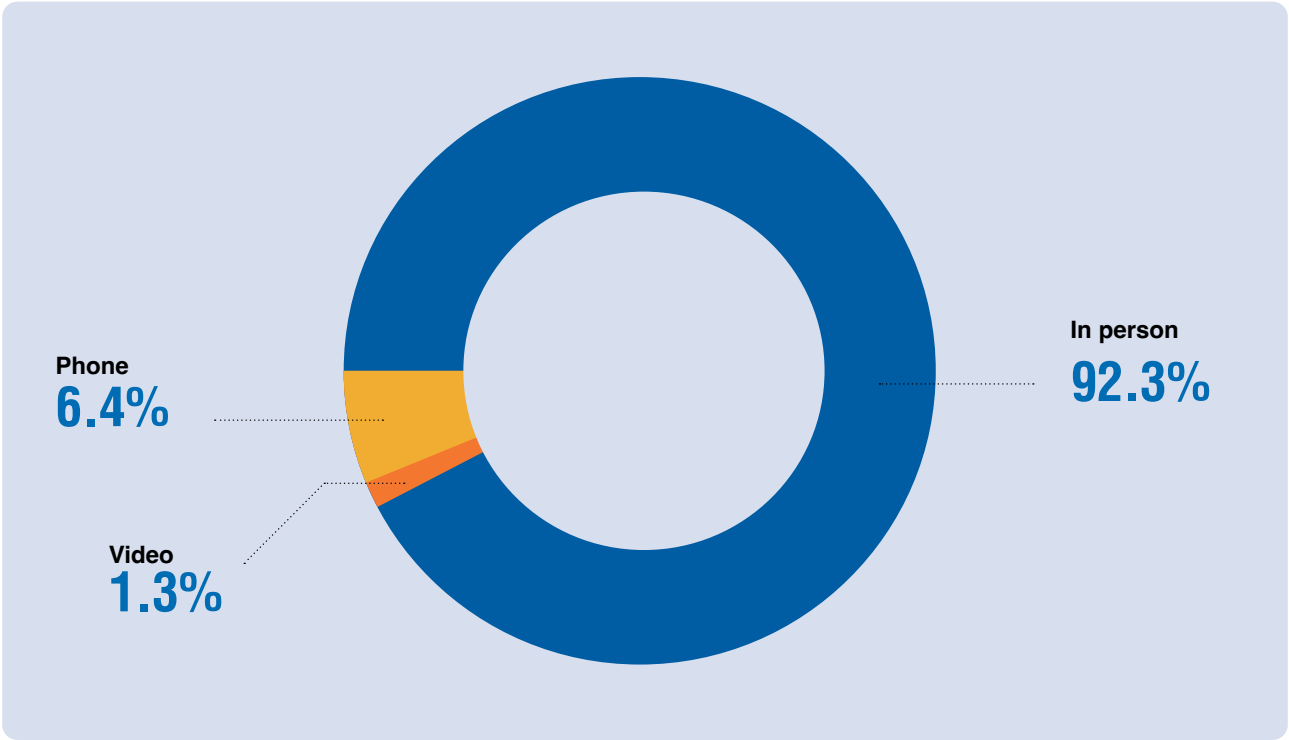
Data were collected on a total of 2904 patients.

Results in this section of the report represent the pooled analyses for the total cohort. These analyses are also reported for patients with T1DM and T2DM separately.

TYPE OF CLINICAL CONSULTATION

The majority of patients (more than 9 in 10) had in person consultations, while less than 1 in 10 patients had phone consultations and a minority had video consultations (Figure 6).

FIGURE 6. TYPE OF CLINICAL CONSULTATION (N=2872)



DEMOGRAPHIC DATA

The demographic data are included in Table 2. Overall, the mean age of patients was 59.0 years, and males represented slightly more of the cohort than females. The majority of patients included in the analysis identified as being born in Australia. Among those not born in Australia, a diverse ethnic mix was reported within 100 different countries and 64 languages represented. Almost 1 in 14 patients identified as Aboriginal/Torres Strait Islander people. Most patients were registered with the National Diabetes Services Scheme (NDSS). Almost 7 in 10 patients had T2DM with a median duration of diabetes of 14.1 years (Table 3), and almost 3 in 10 patients had T1DM with a median duration of 18.9 years.

TABLE 2. DEMOGRAPHIC DATA

CHARACTERISTICS	N	
Total Number of patients	2904	
Age (years), mean $\pm$ SD	2904	59.0 $\pm$ 16.8
Sex, %	2904	
Female		43.6
Male		56.4
Other		0.03
Pregnant, %	514	4.9
Diabetes duration (years), median (IQR)	2875	14.5 (7.4, 24.4)
Diabetes type, %	2904	
T1DM		27.4
T2DM		69.5
Other (secondary causes)		2.9
Don't know		0.1
Unstated		0.1
Initial visit, %	2773	13.2
Interpreter required, %	2786	1.8
Aboriginal/Torres Strait Islander, %	2882	7.0
Australian-born, %	2872	71.9
DVA, %	2852	1.4
NDSS registrant, %	2857	92.9

Patients with T1DM were approximately 20 years younger than patients with T2DM but had a slightly longer duration of diabetes (Table 3).

TABLE 3. AGE AT VISIT AND DURATION OF DIABETES BY DIABETES TYPE

CATEGORY	N	T1DM	N	T2DM
Age (years), mean $\pm$ SD	795	45.8 $\pm$ 17.7	2018	64.3 $\pm$ 13.2
Duration (years), median (IQR)	789	18.9 (9.4, 31.4)	1998	14.1 (6.6, 22.5)

GLUCOSE MONITORING AND MANAGEMENT

Table 4 outlines the methods of blood glucose monitoring undertaken by patients with T1DM and T2DM.

All patients with T1DM performed regular blood glucose monitoring with almost 9 in 10 using continuous glucose monitoring (CGM) technologies. The majority of these patients used CGM only, about 1 in 10 patients used finger pricking only and 1 in 10 patients used CGM and finger pricking. Over 8 in 10 patients with T2DM performed regular blood glucose monitoring with the vast majority using the finger prick method.

TABLE 4. BLOOD GLUCOSE MONITORING BY DIABETES TYPE

METHOD	T1DM (N=783) %	T2DM (N=1936) %
Any	100	83.1
None	0.0	16.9
Finger pricking*	19.5	77.9
Continuous glucose monitoring (CGM)*	88.9	5.8
Method categories		
Finger pricking only	9.7	77.0
CGM only	80.5	5.1
Finger pricking and CGM	9.8	0.9

*Total may be greater than 100% due to patients indicating multiple methods

Of those who performed regular blood glucose monitoring using the finger prick method, over 6 in 10 patients performed testing as often as recommended, with a small proportion unsure of recommended testing (Table 5). Patients with T1DM performed similarly to patients with T2DM. On average, patients with T1DM performed finger pricking around 3 times per day while patients with T2DM performed finger pricking 2 times per day.

TABLE 5. BLOOD GLUCOSE MONITORING BY FINGER PRICKING PERFORMED AS OFTEN AS RECOMMENDED BY DIABETES TYPE

FINGER PRICK TESTING	T1DM (N=151) %	T2DM (N=1493) %
Yes	66.2	63.8
No	30.5	29.2
Unsure of recommended testing	3.3	7.0
Number of times per day, mean $\pm$ SD	2.9 $\pm$ 2.4	2.0 $\pm$ 1.3

Of those that used CGM technologies (flash or other CGM), the majority of patients used sensors for at least 14 days in the last 3 months with the sensor active for at least 70% of the time (Table 6). Specifically, over 8 in 10 patients with T1DM and more than 7 in 10 patients with T2DM used sensors for at least 14 days in the last 3 months with the sensor active for at least 70% of the time.

TABLE 6. BLOOD GLUCOSE MONITORING BY CONTINUOUS GLUCOSE MONITORING AND SENSOR USE BY DIABETES TYPE

PROPORTION OF TIME USING SENSORS	T1DM (N=675) %	T2DM (N=116) %
Sensor worn for ≥14 days in last 3 months	93.8	85.3
Sensor worn for ≥14 days in last 3 months and active ≥70% of time	81.5	73.3

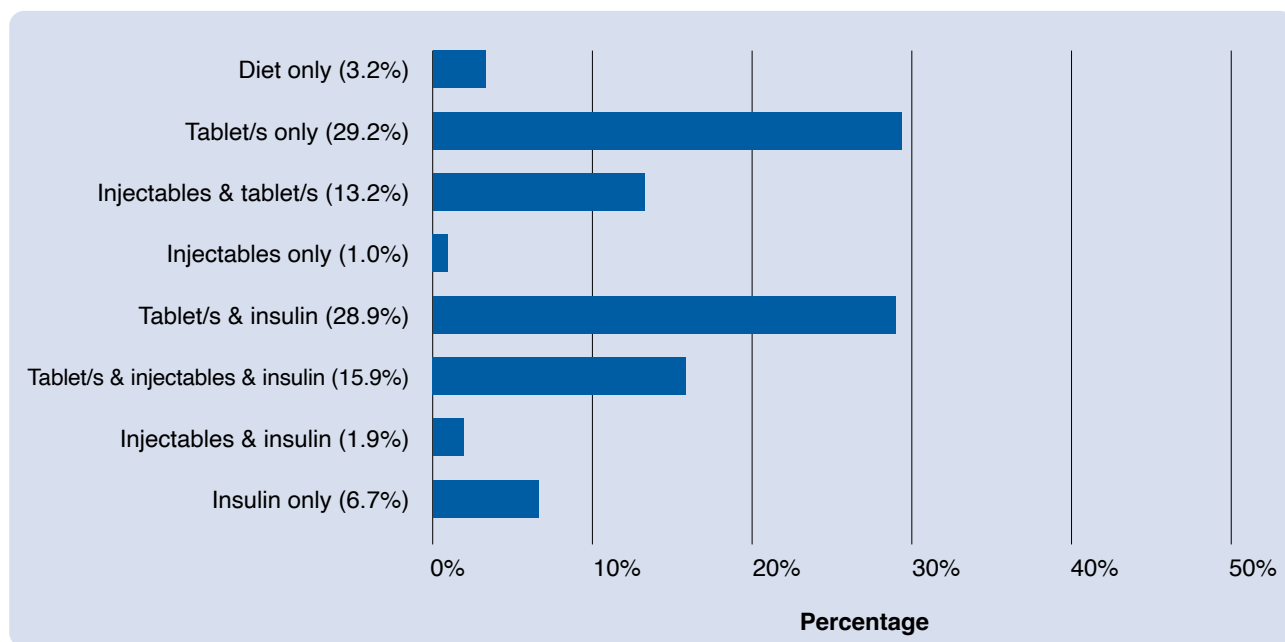
Table 7 details the classes of glucose lowering medications patients were treated with. All patients with T1DM were treated with insulin, and the most commonly co-prescribed adjuvant glucose lowering agent was metformin with almost 1 in 10 patients reporting adjuvant metformin. Of those patients with T2DM, more than 7 in 10 patients were treated with metformin, 5 in 10 were treated with insulin, 4 in 10 were treated with sodium-glucose co-transporter 2 (SGLT2) inhibitors and 3 in 10 patients were treated with glucagon-like peptide-1 (GLP-1) agonists or GLP-1/ gastric inhibitory polypeptide (GIP) receptor agonists. Almost 9 in 10 patients with T2DM were using tablets and 3 in 10 patients were using injectables (Figure 7).

TABLE 7. CLASSES OF GLUCOSE LOWERING MEDICATIONS BY DIABETES TYPE

TREATMENT*	T1DM (N=795) %	T2DM (N=2011) %
Metformin	8.9	73.8
SGLT2 inhibitor	2.0	42.0
GLP-1 agonist or GLP-1/GIP dual agonist	2.8	32.0
DPP4 inhibitor	0.6	25.2
Sulphonylurea	0.0	20.2
Thiazolidinedione	0.0	0.4
Acarbose	0.0	0.4
Insulin*	100.0	53.4

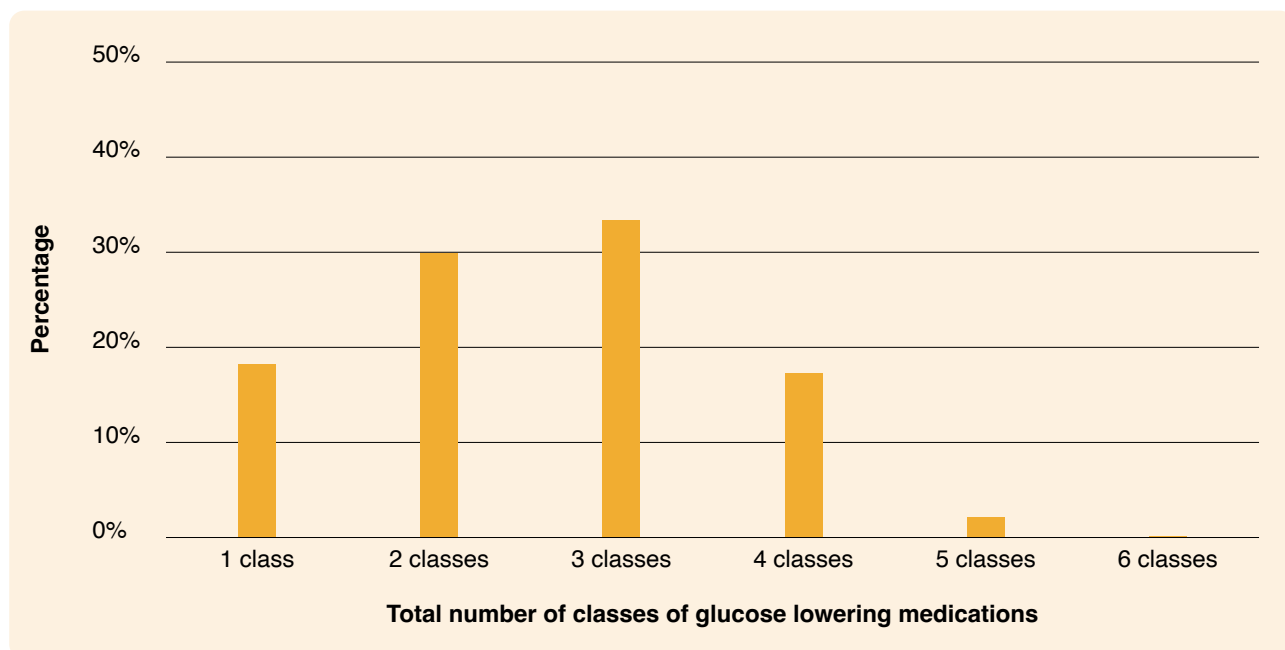
Total may be greater than 100% due to patients being on multiple agents
*Monotherapy or in combination with other treatments

FIGURE 7. TYPES OF TREATMENTS USED IN PATIENTS WITH T2DM (N=2011)



About 5 in 10 patients with T2DM were on 3 or more classes of glucose lowering medications (Figure 8).

FIGURE 8. PROPORTION OF PATIENTS WITH T2DM TREATED WITH MULTIPLE CLASSES OF GLUCOSE LOWERING MEDICATIONS



Of those treated with insulin, more than 6 in 10 patients with T1DM were treated with a basal-bolus insulin regimen, and more than 2 in 10 patients were using continuous subcutaneous insulin infusion (CSII; automated or non-automated) systems (Figure 9). Of those patients with T2DM, almost 5 in 10 patients used a pre-mixed regimen, with the remainder mostly using either a basal-bolus or basal-only regimen (Figure 10).

FIGURE 9. MODALITIES OF INSULIN USE IN PATIENTS WITH T1DM (N=795)

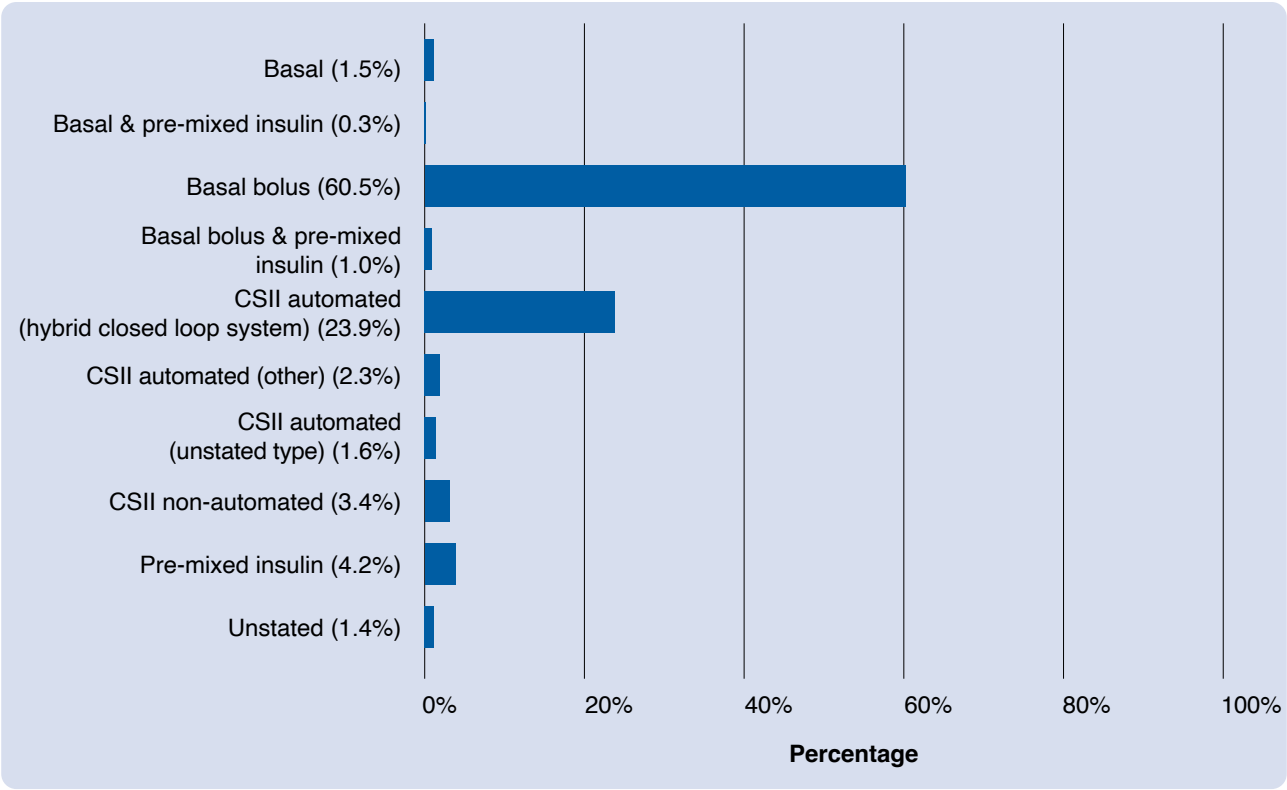
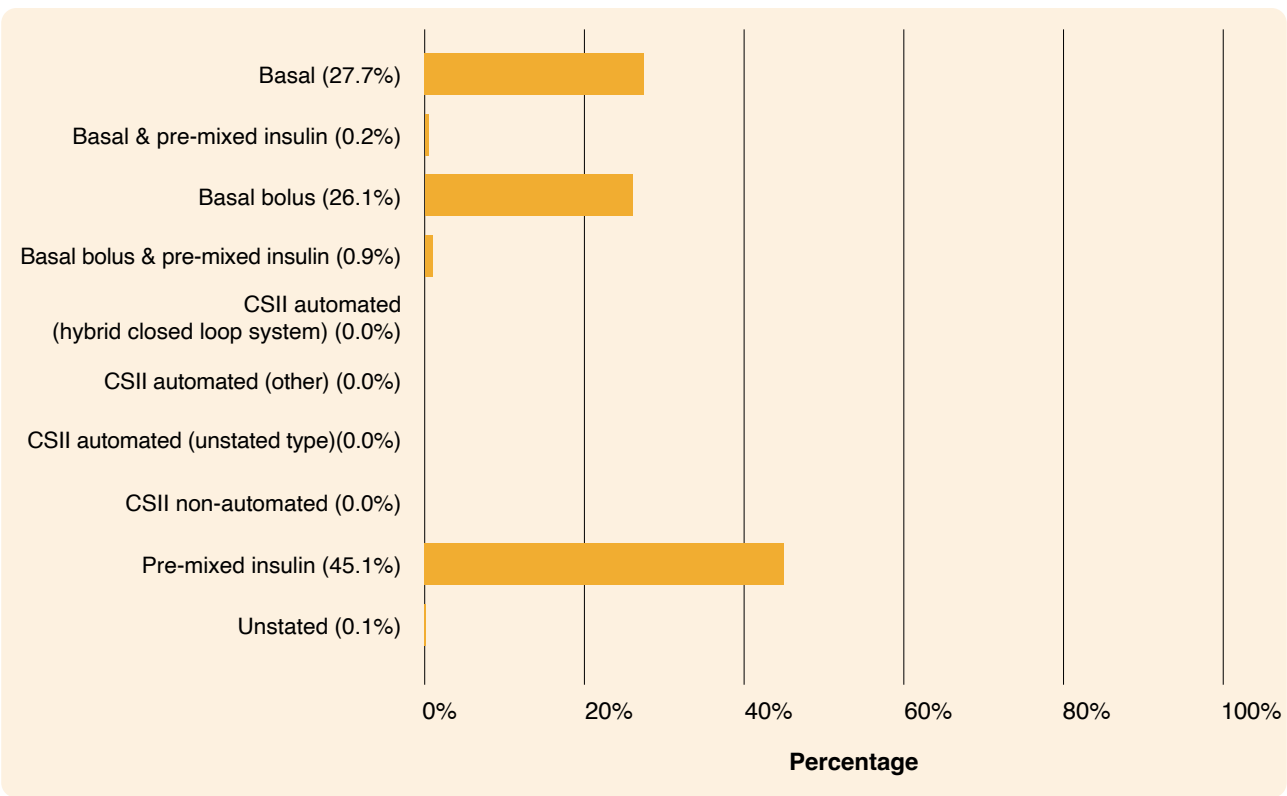


FIGURE 10. MODALITIES OF INSULIN USE IN PATIENTS WITH T2DM (N=1074)





“As a rural General Practice, delivering care to our patients with diabetes without specialist services available, the Australian Diabetes Clinical Quality Registry assures us and our patients that they are receiving a standard of care equal to their urban counterparts. When our site report showed how few of our patients had been accessing podiatry or dietician services we moved to support our Practice Nurses to undertake the National Diabetes Care Course, which has now led to all of our patients having received a proper foot check, and feeling confident in their dietary knowledge.”

— Dr Konrad Kangru, GP from a rural participating site

CLINICAL PARAMETERS, COMPLICATIONS AND COMORBIDITY DATA

Table 8 presents clinical parameters for the total cohort. Normally distributed data are presented as mean $\pm$ SD, and non-normally distributed data are presented as median and IQR. Tables 8-15 detail risk factors, complications and comorbidities of the total cohort. These data are reported as number of people with available data (N) and percent (%) of patients who responded 'Yes' to the question, unless otherwise indicated.

CLINICAL PARAMETERS

Overall, the average values for clinical parameters/cardiovascular risk factors were above targets with a mean HbA1c of 8.2% (median of 7.9%), mean systolic blood pressure of 132 mmHg, mean total cholesterol of 4.3 mmol/L, LDL cholesterol of 2.2 mmol/L and non-HDL cholesterol of 3.0 mmol/L. Diastolic blood pressure and HDL cholesterol were the only parameters meeting recommended target levels. Mean BMI was in the obese range (31.3 kg/m²).

TABLE 8. CLINICAL PARAMETERS

METABOLIC DATA	TARGET	N	MEAN $\pm$ SD
HbA1c (%)	≤ 7.0	2715	8.2 $\pm$ 1.8
HbA1c (mmol/mol)	≤ 53.0	2715	66.1 $\pm$ 20.2
HbA1c (%), median (IQR)	≤ 7.0	2715	7.9 (6.9, 9.1)
HbA1c (mmol/mol), median (IQR)	≤ 53.0	2715	63.0 (52.0, 76.0)
Systolic BP (mmHg)	< 130	2692	132 $\pm$ 18
Diastolic BP (mmHg)	< 80	2692	77 $\pm$ 11
Total cholesterol (mmol/L)	< 4.0	2038	4.3 $\pm$ 1.2
HDL cholesterol (mmol/L)	≥ 1.0	1793	1.2 $\pm$ 0.4
LDL cholesterol (mmol/L)	< 2.0	1785	2.2 $\pm$ 0.9
Non-HDL cholesterol	< 2.5	1791	3.0 $\pm$ 1.1
Triglyceride (mmol/L)*, median (IQR)	< 2.0	1877	1.5 (1.0, 2.1)
BMI (kg/m ²)	< 25	2739	31.3 $\pm$ 7.4

CARDIOVASCULAR RISK FACTORS

A high prevalence of cardiovascular risk factors was observed across the cohort (Table 9). Overall, 8 in 10 patients were overweight or obese, almost 7 in 10 patients had blood pressure above target, about 5 in 10 patients had total cholesterol and LDL cholesterol above target and just over 1 in 10 reported current smoking.

TABLE 9. RISK FACTORS FOR CARDIOVASCULAR DISEASE

RISK FACTORS	TARGET	N	%
Current smokers		2199	14.5
Past smokers		2199	32.6
Never smoked		2199	52.9
On antihypertensive therapy		2778	61.4
On lipid modifying therapy		2887	64.4
Blood pressure $\geq 130/80$ (mmHg)	$< 130/80$	2692	66.5
Blood pressure $\geq 140/90$ (mmHg)	$< 140/90$	2692	35.5
Raised total cholesterol ≥ 4.0 (mmol/L)	< 4.0	2038	54.9
Raised LDL cholesterol ≥ 2.0 (mmol/L)	< 2.0	1785	53.6
Reduced HDL cholesterol < 1.0 (mmol/L)	≥ 1.0	1793	23.5
Raised triglycerides ≥ 2.0 (mmol/L)	< 2.0	1877	30.4
Raised non-HDL cholesterol ≥ 2.5 (mmol/L)	< 2.5	1791	63.6
Overweight/obese BMI ≥ 25 (kg/m ²)	< 25	2739	81.2

ESTIMATED GLOMERULAR FILTRATION RATE (eGFR)

Figures 11 and 12 represent the proportion of patients in each eGFR category, by sex for those with T1DM and T2DM, respectively. About 1 in 10 males with T1DM had an eGFR <60 mL/min/1.73m² and almost 1 in 10 females with T1DM had an eGFR <60 mL/min/1.73m². About 3 in 10 males with T2DM had an eGFR <60 mL/min/1.73m² and just over 2 in 10 females with T2DM had an eGFR <60 mL/min/1.73m².

FIGURE 11. eGFR CATEGORIES BY SEX IN PATIENTS WITH T1DM (N=673)

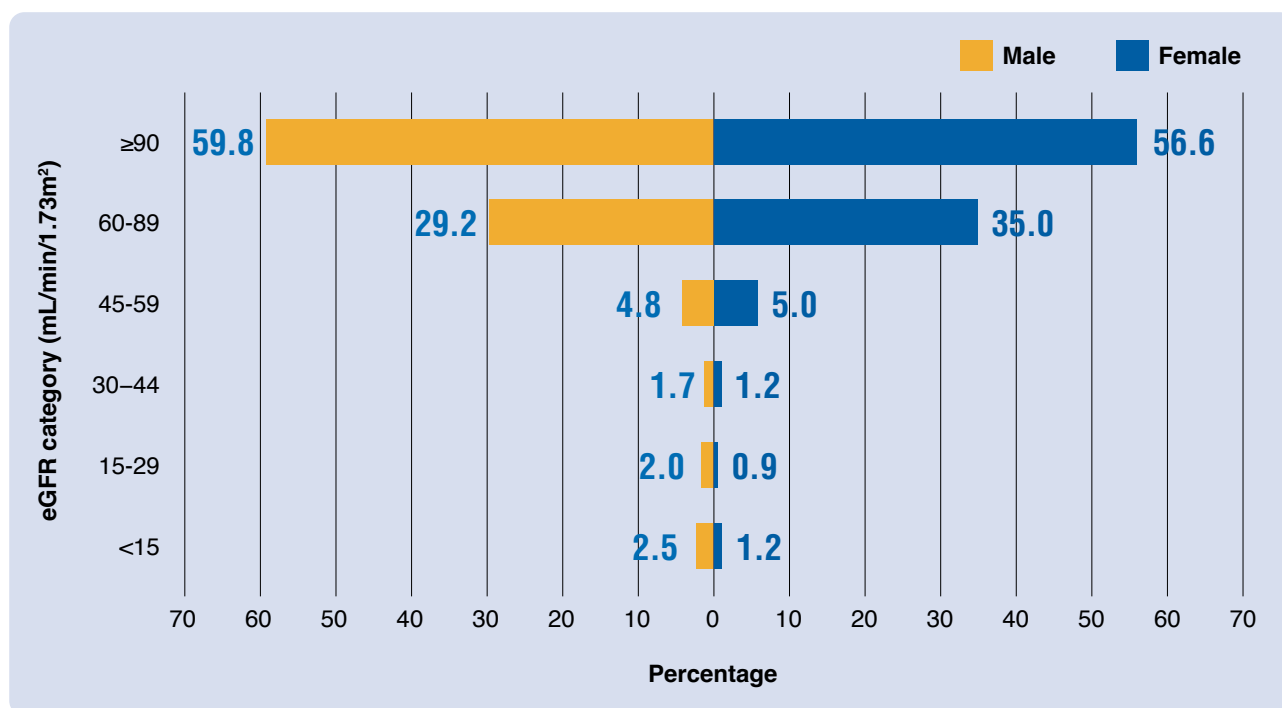
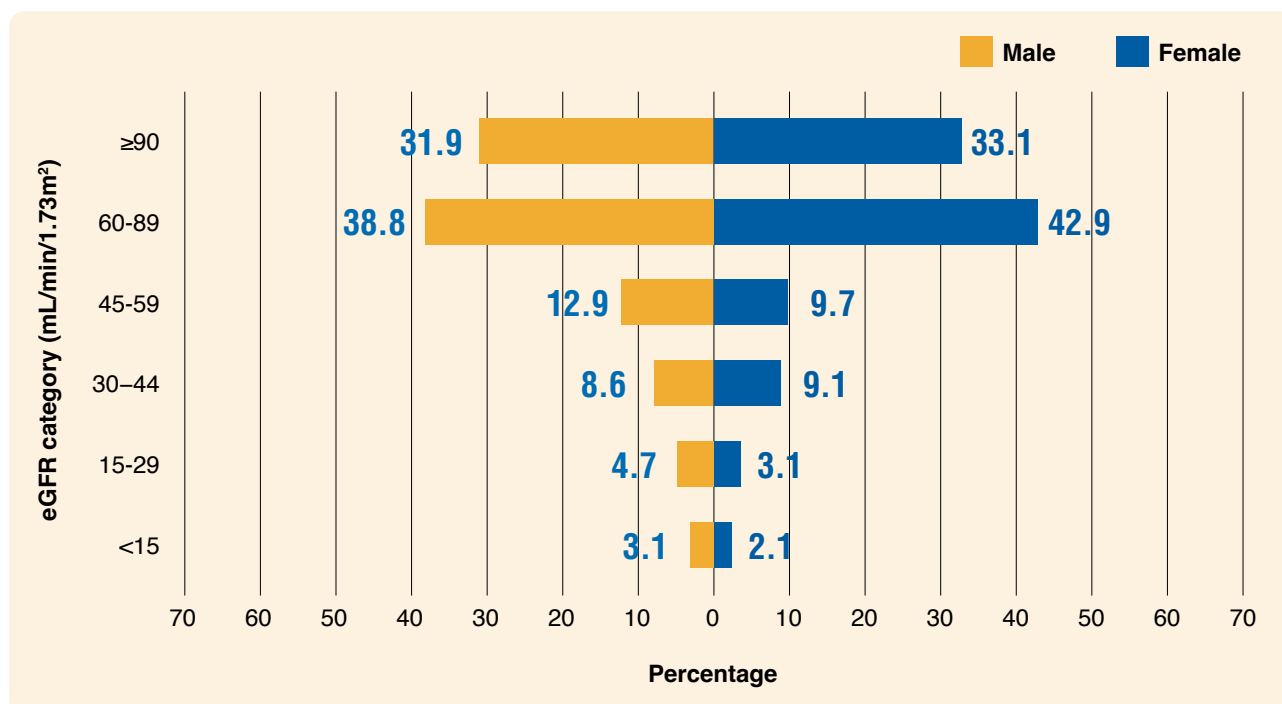


FIGURE 12. eGFR CATEGORIES BY SEX IN PATIENTS WITH T2DM (N=1865)



ACUTE METABOLIC COMPLICATIONS

Both hyperglycaemic and hypoglycaemic emergencies in the last 12 months, including impaired awareness of hypoglycaemia, were more common in patients with T1DM compared with T2DM (Table 10). Just over 1 in 20 patients with T1DM reported diabetic ketoacidosis, and a similar proportion reported impaired awareness of hypoglycaemia, and/or severe hypoglycaemia. Of those patients who reported severe hypoglycaemia, more than half experienced 1-2 episodes.

TABLE 10. GLYCAEMIC EMERGENCIES IN THE LAST 12 MONTHS BY DIABETES TYPE

COMPLICATION/EVENT	T1DM (N=795)	T2DM (N=2018)
	%	%
Diabetic ketoacidosis	6.1	1.1
Hyperosmolar hyperglycaemic state	0.7	0.6
Impaired awareness of hypoglycaemia	6.6	2.5
Severe hypoglycaemia	6.6	2.4
1-2 episodes	3.9	1.7
3-5 episodes	1.7	0.5
>5 episodes	1.1	0.2

EYE COMPLICATIONS

The majority of patients attended an optometrist or ophthalmologist in the last 12 months, with 8 in 10 patients self-reporting optometrist or ophthalmologist attendances (Table 11). Eye complications were common, with about 2 in 10 patients reporting retinopathy, and almost 3 in 10 reporting cataract/s. A minority of patients reported blindness. Of the patients reporting eye complications, almost 1 in 10 patients reported retinopathy and a similar proportion of patients reported cataract in the last 12 months.

TABLE 11. EYE COMPLICATIONS

EYE TESTING AND COMPLICATIONS	EVER REPORTED		REPORTED IN THE LAST 12 MONTHS
	N	%	%
Attended optometrist/ophthalmologist*	2361	N/A	80.4
Retinopathy	2786	21.5	9.0
Treatment for retinopathy	2767	12.7	5.7
Cataract	2782	27.6	11.4
Blindness	2771	2.5	1.0

*Attendances to optometrists/ophthalmologists reflect attendances in the last 12 months only

FOOT COMPLICATIONS

The majority of patients had foot checks by a health professional in the last 12 months, with about 6 in 10 patients self-reporting foot checks by a health professional (Table 12). Foot complications were common, with more than 2 in 10 patients reporting peripheral neuropathy, and over 1 in 10 reporting foot ulcerations. About 1 in 20 patients reported lower limb amputation. Of the patients reporting foot complications, more than 1 in 10 patients reported peripheral neuropathy and over 1 in 20 patients reported foot ulceration in the last 12 months.

TABLE 12. FOOT COMPLICATIONS

FOOT CHECKS AND COMPLICATIONS	EVER REPORTED		REPORTED IN THE LAST 12 MONTHS
	N	%	%
Foot check by health professional*	2354	N/A	62.4
Foot ulceration	2866	11.7	7.4
Peripheral neuropathy	2873	24.7	12.0
Lower limb amputation	2870	5.3	2.1
Minor†		4.1	1.7
Major†		1.3	0.4

*Foot checks by health professionals reflect checks in the last 12 months only

†Missing data for a small number of patients

KIDNEY COMPLICATIONS

Kidney complications were common (Table 13). About 3 in 10 patients had moderately increased albuminuria and 1 in 10 patients had severely increased albuminuria. Almost 3 in 10 patients were classified as having stage 3-5 chronic kidney disease (CKD) with most having stage 3 CKD.

TABLE 13. KIDNEY COMPLICATIONS

COMPLICATIONS	%
Albuminuria* (N = 1740)	
Normal to mildly increased albuminuria	58.9
Moderately increased albuminuria	29.8
Severely increased albuminuria	11.4
Chronic Kidney Disease† (N = 2619)	
Stage 1	39.6
Stage 2	35.2
Stage 3	19.0
Stage 4	3.7
Stage 5††	6.1

*Reported in the last 12 months

†This N reflects the total number of patients with eGFR data used to estimate CKD stage.

††Stage 5 chronic kidney disease is defined as end stage kidney disease and included patients with an eGFR <15 mL/min/1.73m² and/or dialysis dependent (haemodialysis or peritoneal dialysis) and/or renal transplant recipient. The relevant N for Stage 5 was 2887.

CARDIOVASCULAR COMPLICATIONS

Almost 3 in 10 patients reported cardiovascular complications (including myocardial infarction, CABG/angioplasty, stroke, congestive cardiac failure or peripheral vascular disease). About 1 in 10 patients reported myocardial infarction, 1 in 10 patients reported CABG/angioplasty, almost 1 in 10 reported peripheral vascular disease and a smaller number reported other cardiovascular complications. Of the patients reporting cardiovascular complications, a minority reported occurrences in the last 12 months (Table 14).

TABLE 14. CARDIOVASCULAR COMPLICATIONS

COMPLICATION/EVENT	EVER REPORTED		REPORTED IN THE LAST 12 MONTHS
	N	%	%
Myocardial infarction	2865	11.5	1.9
CABG/angioplasty	2866	12.9	2.4
Cerebral stroke	2869	5.8	1.2
Congestive cardiac failure	2864	6.2	1.3
Peripheral vascular disease	2856	9.0	4.0

OTHER COMPLICATIONS AND COMORBIDITIES

Other complications and comorbidities are shown in Table 15. The most commonly reported complication/comorbidity was depression and/or anxiety. More than 2 in 10 patients reported depression and 2 in 10 patients reported anxiety. The presence of depression and/or anxiety was defined as a formal diagnosis from a clinician or prescribed pharmacotherapy for depression and/or anxiety. Sexual dysfunction and malignancy were each reported by 1 in 10 patients. More than 1 in 10 patients reported mild liver disease and 1 in 20 reported moderate/severe liver disease. Less than 1 in 20 patients reported ever being hospitalised for COVID-19. Dementia was uncommonly reported among the cohort. Of those patients reporting complications and comorbidities, 1 in 10 patients reported depression, 1 in 10 patients reported anxiety, and less than 1 in 10 patients reported sexual dysfunction in the last 12 months. Other complications were less commonly reported to have occurred in the last 12 months.

TABLE 15. OTHER COMPLICATIONS AND COMORBIDITIES

COMPLICATION/EVENT	EVER REPORTED		REPORTED IN THE LAST 12 MONTHS
	N	%	%
Depression	2748	24.1	9.7
Anxiety	2751	20.8	9.8
Sexual dysfunction	2807	13.8	6.9
Malignancy	2777	10.0	3.1
Dementia	2862	2.0	0.6
Hospitalisation for COVID-19	2690	3.4	1.2
Liver disease*	2863		
Mild		N/A	11.3
Moderate/Severe		N/A	4.8

*Prevalence of liver disease refers to the presence of liver disease at the time of the patient's clinical consult

CARDIORENAL PROTECTIVE AGENTS

Diabetes is associated with heightened cardiovascular risk. Therefore, treatment of modifiable risk factors such as lipids and blood pressure are recommended.²¹⁻²³

Almost 4 in 10 patients with T1DM were on lipid modifying therapy. Statin therapy was most common with over 3 in 10 patients treated with statins. About 1 in 20 patients were treated with ezetimibe and a similar proportion were treated with fibrates. A minority of patients were treated with fish oil and/or PCSK9 inhibitors.

The majority of patients with T2DM were on lipid modifying therapy, with more than 7 in 10 patients on one or more lipid lowering medications. Statin therapy was most common with 7 in 10 patients treated with statins. Over 1 in 10 patients were treated with ezetimibe and a similar proportion were treated with fibrates. A minority of patients were treated with fish oil and/or PCSK9 inhibitors (Table 16).

TABLE 16. LIPID MODIFYING MEDICATIONS BY DIABETES TYPE

TREATMENT	T1DM (N=788) %	T2DM (N=2009) %
Any	37.9	75.7
Statin	35.0	71.4
Fibrate	4.7	9.6
Ezetimibe	6.1	13.2
Fish oil	1.1	2.8
PCSK9 inhibitor	0.3	0.8

Total may be greater than 100% due to patients being on multiple agents

More than 3 in 10 patients with T1DM were treated with one or more antihypertensive medications. More than 1 in 10 patients were treated with angiotensin-converting enzyme (ACE) inhibitors and a similar proportion with angiotensin receptor blockers (ARB), and almost 1 in 10 patients with calcium channel blockers. About 1 in 20 patients were treated with thiazides/other diuretics and a similar proportion with beta blockers. A minority were treated with other antihypertensive medications.

The majority of patients with T2DM were treated with antihypertensive medications, with more than 7 in 10 patients on one or more antihypertensives. About 3 in 10 patients were treated with ARBs, and almost 3 in 10 patients with ACE inhibitors and/or calcium channel blockers. Just over 2 in 10 patients were treated with thiazides/other diuretics, over 1 in 10 patients with beta blockers, and about 1 in 20 with other antihypertensive medications (Table 17)

TABLE 17. ANTIHYPERTENSIVE MEDICATIONS BY DIABETES TYPE

TREATMENT	T1DM (N=756) %	T2DM (N=1936) %
Any	33.6	72.6
ACE inhibitor	14.7	28.0
ARB	12.8	30.3
Calcium channel blocker	9.7	26.2
Thiazides/other diuretics	6.5	24.3
Beta blocker	5.6	14.7
Other antihypertensive	3.0	6.3

Total may be greater than 100% due to patients being on multiple agents

In patients with T1DM, more than 1 in 10 were treated with aspirin and/or other antiplatelet medications, and a minority were treated with anticoagulants. In patients with T2DM, over 3 in 10 were treated with aspirin and/or other antiplatelet medications, and over 1 in 10 patients were treated with anticoagulants (Table 18).

TABLE 18. ANTIPLATELET AND ANTICOAGULANT MEDICATIONS BY DIABETES TYPE

TREATMENT	T1DM		T2DM	
	N	%	N	%
Aspirin and/or other antiplatelets	786	14.0	2007	35.3
Aspirin	786	12.6	2009	31.7
Other antiplatelets	786	2.8	2005	6.9
Anticoagulants	786	3.2	2007	12.9

Use of newer glucose lowering medications with cardiorenal benefits was relatively high in patients with T2DM, with 4 in 10 patients treated with SGLT2 inhibitors and 3 in 10 patients treated with GLP-1 agonists or GLP-1/GIP dual agonists. A minority of patients with T1DM were treated with SGLT2 inhibitors and GLP-1 agonists or GLP-1/GIP dual agonists (Table 19).

TABLE 19. OTHER CARDIORENAL PROTECTIVE MEDICATIONS BY DIABETES TYPE

TREATMENT	T1DM (N=795)	T2DM (N=2018)
	%	%
SGLT2 inhibitor	2.0	41.9
GLP-1 agonist or GLP-1/GIP dual agonist	2.8	31.9

Patients with existing CVD were more likely to be treated with lipid lowering therapy, with almost 9 in 10 patients with CVD on one or more lipid lowering medications, compared to about 6 in 10 patients without CVD (Table 20).

TABLE 20. LIPID MODIFYING MEDICATIONS BY CARDIOVASCULAR DISEASE STATUS

TREATMENT	CVD (N=756)	NO CVD (N=2102)
	%	%
Any	88.1	56.1
Statin	83.7	52.3
Fibrate	11.1	7.2
Ezetimibe	20.9	7.6
Fish oil	2.9	2.2
PCSK9 inhibitor	1.6	0.3

Total may be greater than 100% due to patients being on multiple agents

Treatment with antihypertensives was higher in patients with existing CVD, with almost 9 in 10 patients with CVD on one or more antihypertensive medications, compared to about 5 in 10 patients without CVD (Table 21).

TABLE 21. ANTIHYPERTENSIVE MEDICATIONS BY CARDIOVASCULAR DISEASE STATUS

TREATMENT	CVD (N=725)	NO CVD (N=2028)
	%	%
Any	85.4	53.0
ACE inhibitor	34.2	20.6
ARB	29.8	23.6
Calcium channel blocker	27.0	19.4
Thiazides/other diuretics	20.6	9.1
Beta blocker	43.2	10.9
Other anti-hypertensive	11.0	3.2

Total may be greater than 100% due to patients being on multiple agents

Patients with CVD were more likely to be treated with antiplatelets and anticoagulants with more than 6 in 10 patients treated with antiplatelets (almost 6 in 10 with aspirin and almost 2 in 10 with other antiplatelets) and about 2 in 10 patients treated with anticoagulants (Table 22). Over 1 in 10 patients without CVD were treated with antiplatelets and about 1 in 20 patients were treated with anticoagulants.

TABLE 22. ANTIPLATELET AND ANTICOAGULANT MEDICATIONS BY CARDIOVASCULAR DISEASE STATUS

TREATMENT	CVD		NO CVD	
	N	%	N	%
Aspirin and/or other antiplatelets	754	66.2	2101	15.9
Aspirin only	756	58.2	2101	14.7
Other antiplatelets only	751	16.9	2101	1.8
Anticoagulants	756	22.0	2099	5.8

Patients with CVD were more likely to be treated with SGLT2 inhibitors with 4 in 10 patients with CVD and almost 3 in 10 patients without CVD treated with SGLT2 inhibitors. Treatment with GLP-1 agonists or GLP-1/GIP dual agonists was comparable in patients with and without CVD, with more than 2 in 10 patients on GLP-1 agonists or GLP-1/GIP dual agonist therapy (Table 23).

TABLE 23. OTHER CARDIORENAL PROTECTIVE MEDICATIONS BY CARDIOVASCULAR DISEASE STATUS

TREATMENT	CVD (N=757)	NO CVD (N=2103)
	%	%
SGLT2 inhibitor	41.9	26.0
GLP-1 agonist or GLP-1/GIP dual agonist	25.2	22.7

MANAGEMENT OF CARDIOVASCULAR DISEASE

There were 481 patients with existing CVD and data available for LDL cholesterol and lipid modifying therapy. Of these patients, almost 5 in 10 patients had LDL cholesterol levels above target (≥ 1.8 mmol/L). Over 1 in 10 patients with an LDL cholesterol level above target were not receiving lipid modifying therapy, reflecting a prescribing gap, which may include either provider non-prescription, patient non-adherence, or medication intolerance (Figure 13).

Of the 443 patients with CVD on lipid modifying therapy, almost 5 in 10 patients had LDL cholesterol levels not meeting target, reflecting a treatment gap (Figure 14).

FIGURE 13. PRESCRIBING GAP IN LIPID MODIFYING THERAPY FOR PATIENTS WITH CARDIOVASCULAR DISEASE (N=234)

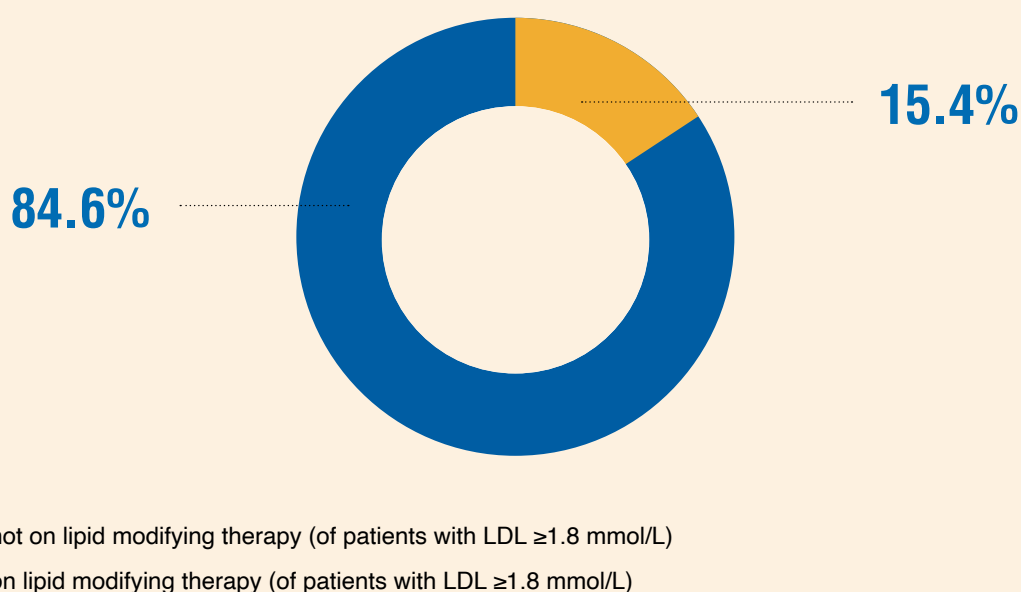
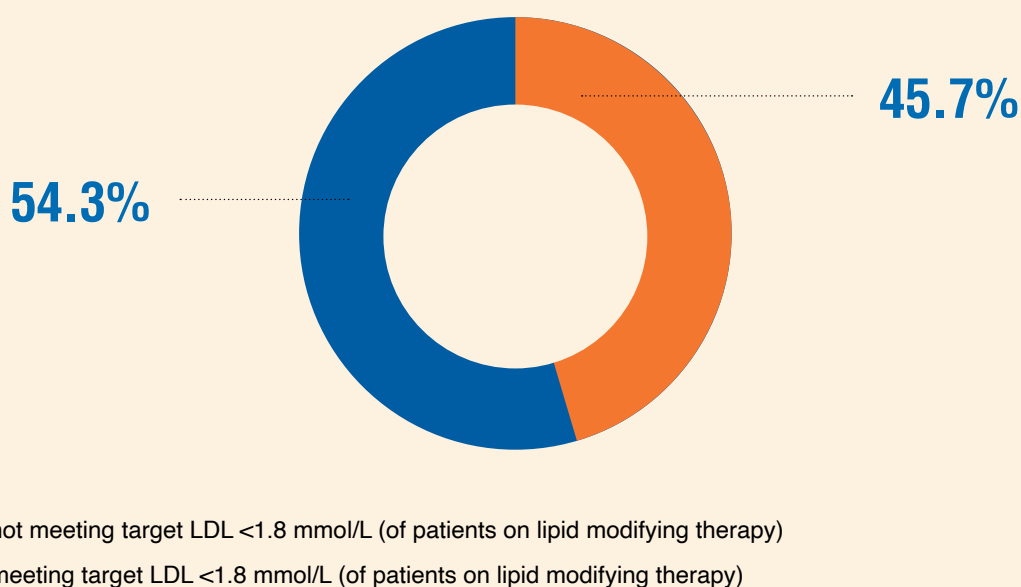


FIGURE 14. TREATMENT GAP IN LIPID MODIFYING THERAPY FOR PATIENTS WITH CARDIOVASCULAR DISEASE (N=433)



There were 680 patients with existing CVD and data available for blood pressure and antihypertensive therapy. Of those patients, almost 6 in 10 patients were above target blood pressure, and of those above targets, about 1 in 10 patients were not receiving antihypertensive therapy, reflecting a prescribing gap (Figure 15).

Among the 589 patients receiving antihypertensive therapy, almost 7 in 10 patients were not meeting target blood pressure, reflecting a large treatment gap (Figure 16).

FIGURE 15. PRESCRIBING GAP IN ANTIHYPERTENSIVE THERAPY FOR PATIENTS WITH CARDIOVASCULAR DISEASE (N=451)

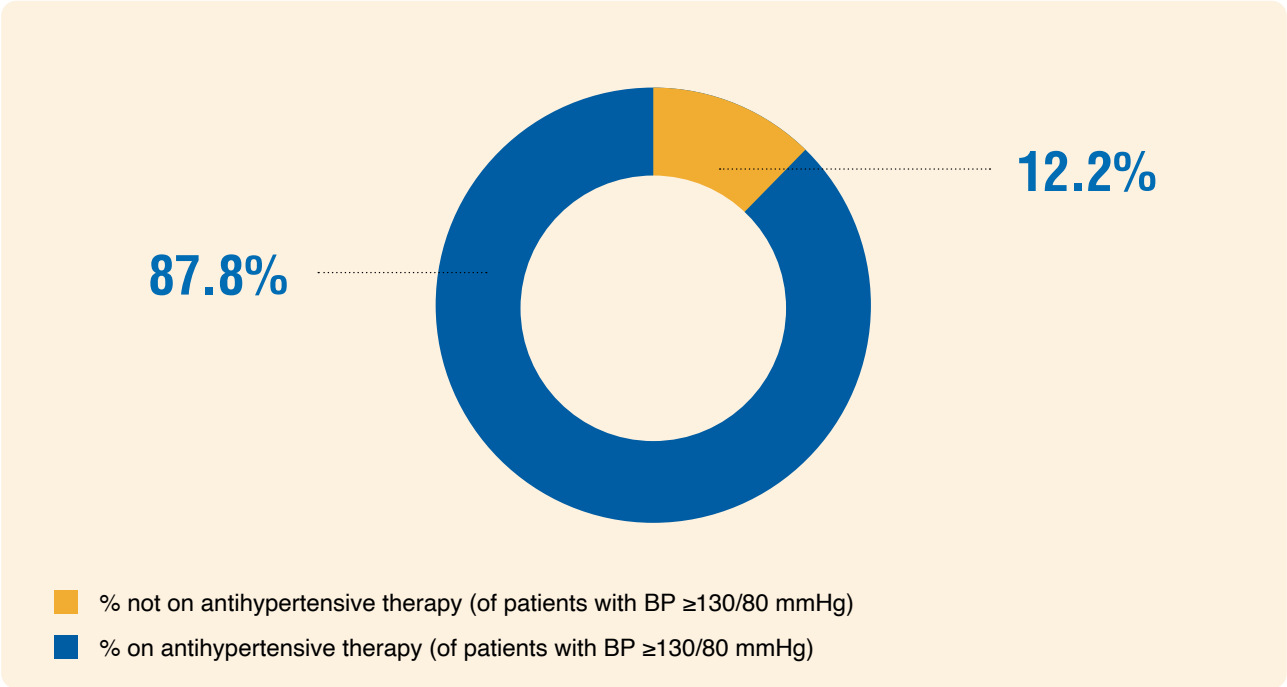


FIGURE 16. TREATMENT GAP IN ANTIHYPERTENSIVE THERAPY FOR PATIENTS WITH CARDIOVASCULAR DISEASE (N=589)

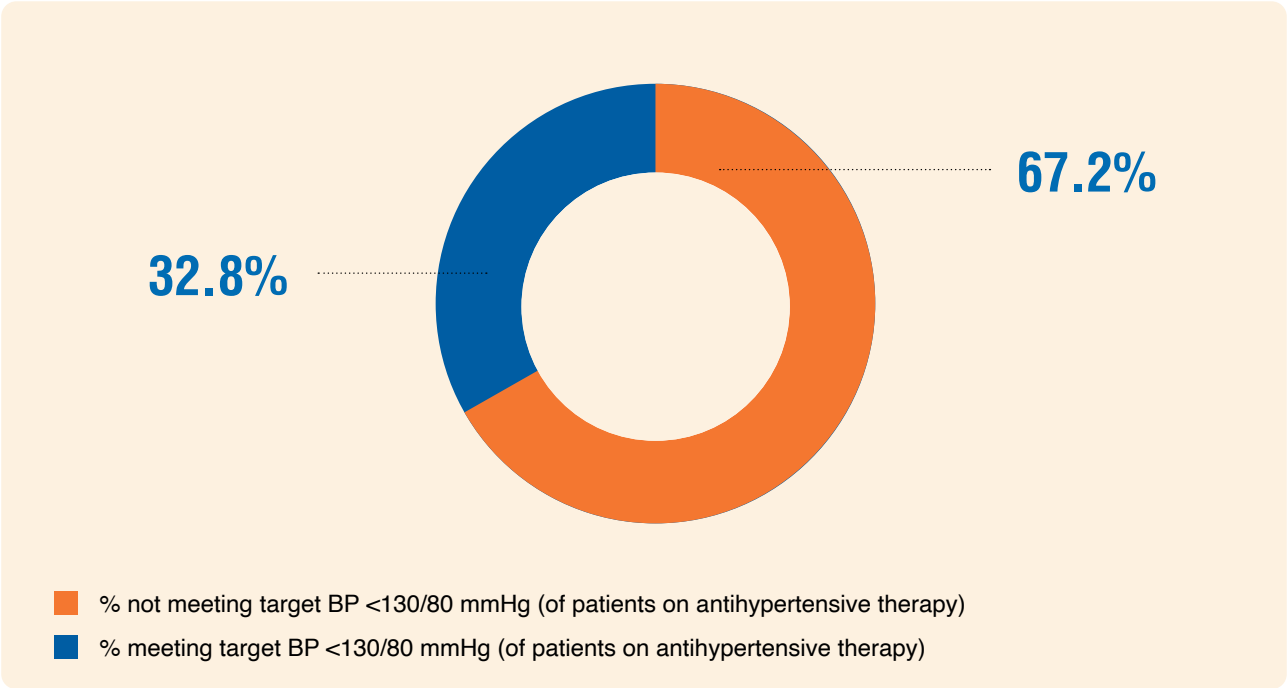
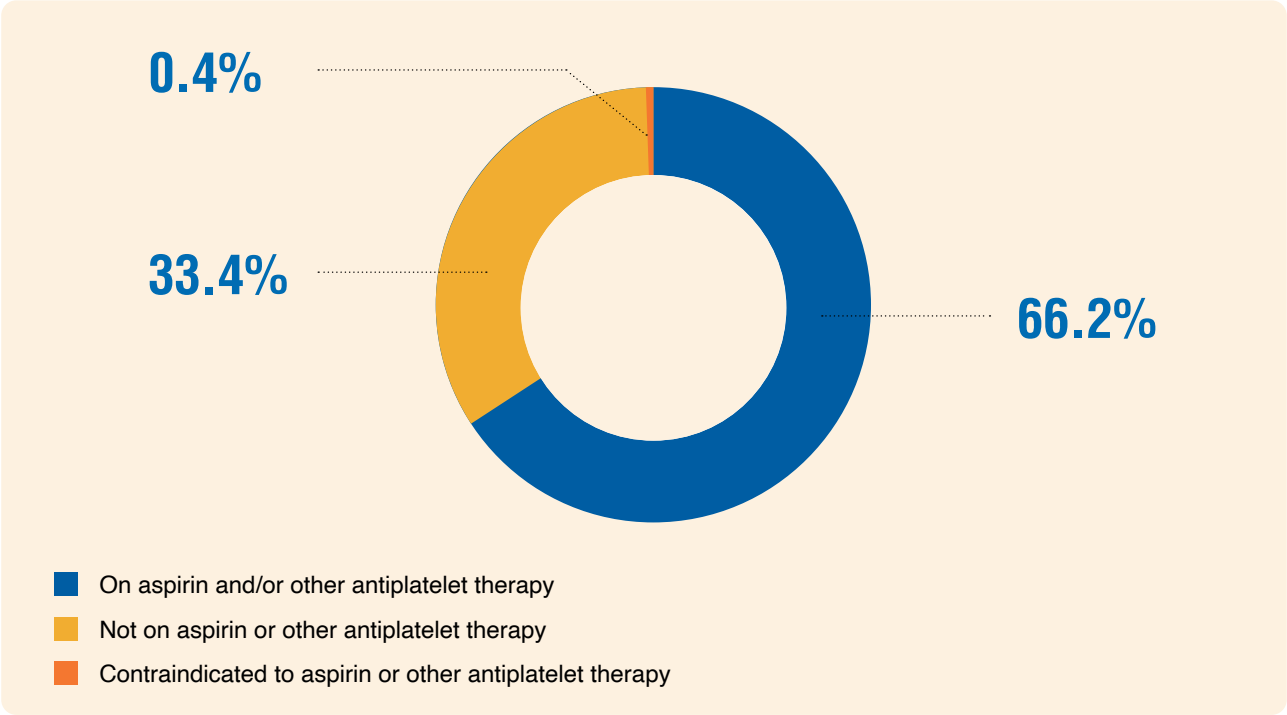


Figure 17 demonstrates antiplatelet use in patients with CVD (including myocardial infarction, CABG/angioplasty, stroke, congestive cardiac failure or peripheral vascular disease).

Among those with CVD, more than 6 in 10 patients reported use of aspirin and/or other antiplatelet therapies, while about 3 in 10 patients reported no antiplatelet use. A minority of patients had a contraindication to aspirin and/or other antiplatelet therapies.

FIGURE 17. ANTIPLATELET THERAPY USE IN PATIENTS WITH CARDIOVASCULAR DISEASE (N=754)



SECTION 4

**CLINICAL
PERFORMANCE
INDICATORS**

BENCHMARKING TO NATIONAL TREATMENT TARGETS

The data collected for ADCQR 2024 as compared to the Royal Australian College of General Practitioners evidence-based guidelines for the management of type 2 diabetes²¹, National Heart Foundation of Australia blood pressure and lipid guidelines^{22, 23} and the Australian Diabetes Society (ADS) position statement on glycaemic targets²⁴ are summarised in Table 24.

These data provide a snapshot of the overall performance of participating centres with respect to key treatment targets and clinical indicators.

Table 24 demonstrates key data against benchmarking and treatment targets for patients with diabetes. For ease of interpretation, data in this table are presented without SD and IQR.

Glycaemic control targets were poorly met, with the mean (and median) HbA1c for both T1DM and T2DM being above target, with 3 in 10 patients with T1DM and a similar proportion with T2DM meeting target. The attainment of lipid targets was fair, with almost 5 in 10 patients meeting total cholesterol target, almost 5 in 10 patients meeting the LDL cholesterol target, over 7 in 10 patients meeting the HDL cholesterol target, and 7 in 10 patients meeting the triglyceride target. The target for non-HDL, which has been shown to be an important predictor of CVD,²⁵ was met by less than 4 in 10 patients. In regards to blood pressure and weight management, almost 5 in 10 patients met the blood pressure target of <130/80 mmHg, and only 2 in 10 patients met the BMI target, with patients with T2DM having a higher mean BMI than patients with T1DM.

TABLE 24. BENCHMARKING TO NATIONAL TREATMENT TARGETS

RISK FACTOR	TARGET	MEAN	% MEETING TARGET
HbA1c (%) overall	≤7.0*	8.2	29.5
HbA1c (%) T1DM	≤7.0*	8.0	30.5
HbA1c (%) T2DM	≤7.0*	8.3	28.6
HbA1c (%) overall, median	≤7.0*	7.9	29.5
HbA1c (%) T1DM, median	≤7.0*	7.7	30.5
HbA1c (%) T2DM, median	≤7.0*	8.0	28.6
Systolic BP (mmHg)	<130	132	45.0
Diastolic BP (mmHg)	<80	77	58.4
Total cholesterol (mmol/L)	<4.0	4.3	45.1
HDL cholesterol (mmol/L)	≥1.0	1.2	76.5
LDL cholesterol (mmol/L)	<2.0	2.2	46.4
Non-HDL cholesterol (mmol/L)	<2.5	3.0	36.4
Triglycerides (mmol/L) [†] , median	<2.0	1.5	69.6
BMI (kg/m ²) overall	<25	31.3	18.8
BMI (kg/m ²) T1DM	<25	28.2	32.1
BMI (kg/m ²) T2DM	<25	32.5	13.0

^{*}In 2009, the Australian Diabetes Society published a position statement describing the need for individualisation of glycaemic targets.²² The key conclusions were that for most people with diabetes the general HbA1c target is 7.0% (53 mmol/mol), however

- in people without known CVD, a long duration of diabetes, severe hypoglycaemia or another contraindication, the HbA1c target is ≤6.5% (48 mmol/mol)
- in people with reduced hypoglycaemia awareness or major comorbidities, the target may increase to 8.0% (64 mmol/mol)
- in people with limited life expectancy, aim for symptom control
- in women planning a pregnancy, aim for the tightest achievable control without severe hypoglycaemia before and during pregnancy; preferably ≤6.0% (42 mmol/mol)

For this analysis, a HbA1c target of 7.0% or less was applied to all patients.

[†] Reported as median as data were not normally distributed

NATIONAL CLINICAL MANAGEMENT GUIDELINES FOR DIABETES

National evidence-based guidelines for the clinical management of diabetes²¹ emphasise the importance of patient assessment and management with regards to blood glucose control, blood pressure, lipids, BMI, eyes, foot and kidney function. The data below indicate process and outcome indicators based on these clinical management guidelines.

BLOOD GLUCOSE CONTROL

Process: 93.5% of patients had a HbA1c measurement recorded.

Outcome:		Mean	Median (IQR)
All patients	Overall HbA1c (%):	8.2 ± 1.8	7.9 (6.9, 9.1)
T1DM	Overall HbA1c (%):	8.0 ± 1.7	7.7 (6.9, 8.8)
	Initial visit, HbA1c (%):	8.9 ± 2.3	8.5 (7.2, 10.1)
	Follow-up visit, HbA1c (%):	7.9 ± 1.6	7.6 (6.9, 8.7)
T2DM	Overall HbA1c (%):	8.3 ± 1.9	8.0 (6.9, 9.3)
	Initial visit, HbA1c (%):	9.0 ± 2.1	8.6 (7.4, 10.3)
	Follow-up visit, HbA1c (%):	8.2 ± 1.8	7.9 (6.8, 9.1)

BLOOD PRESSURE

Process: 92.7% of patients had blood pressure recorded, with the majority (90.9%) measured in clinic and 9.1% self-reported. Overall, 61.4% of patients were prescribed antihypertensive treatment. Of these patients, 39.4% were on an ACE inhibitor, 41.0% on an ARB, 35.0% on a calcium channel blocker, 31.4% on a beta blocker, 19.6% on a thiazide or other diuretic and 8.6% on an alternative antihypertensive therapy.

Outcome: Overall, 33.5% achieved a blood pressure of <130/80 mmHg, and 64.5% achieved a blood pressure <140/90 mmHg.

Overall blood pressure

<130/80 mmHg: 33.5% ≥130/80 mmHg: 66.5%

<140/90 mmHg: 64.5% ≥140/90 mmHg: 35.5%

Aged ≤60 years

<130/80 mmHg: 34.7% ≥130/80 mmHg: 65.3%

<140/90 mmHg: 68.5% ≥140/90 mmHg: 31.5%

Aged >60 years

<130/80 mmHg: 32.5% ≥130/80 mmHg: 67.5%

<140/90 mmHg: 61.2% ≥140/90 mmHg: 38.8%

LIPIDS

Process: 70.2% of patients had a total cholesterol level recorded, 61.5% had an LDL cholesterol level, 61.7% had an HDL cholesterol level and 64.6% had a triglyceride level recorded. Overall, 60.0% of patients were on statin therapy, 11.0% on ezetimibe, 8.2% on fibrate, 2.4% on fish oil and 0.6% on a PCSK9 inhibitor.

Outcome:	Total cholesterol			
	<4.0 mmol/L:	45.1%	≥4.0 mmol/L:	54.9%
	LDL cholesterol			
	<2.0 mmol/L:	46.4%	≥2.0 mmol/L:	53.6%
	HDL cholesterol			
	≥1.0 mmol/L:	76.5%	<1.0 mmol/L:	23.5%
	Triglyceride			
	<2.0 mmol/L:	69.6%	≥2.0 mmol/L:	30.4%
	Non-HDL cholesterol			
	<2.5 mmol/L:	36.4%	≥2.5 mmol/L:	63.6%

BODY MASS INDEX (KG/M²)

Process: 97.2% of patients had a weight measurement recorded and 94.8% of patients had a height measurement recorded so that BMI could be calculated for 94.3% of patients overall.

Outcome:	<25 kg/m ² :	18.8%	25–<30 kg/m ² :	30.3%	≥30 kg/m ² :	50.9%
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EYES

Process: 80.4% had an eye review by an ophthalmologist, an optometrist or both in the last 12 months.

Outcome: 21.5% of patients had retinopathy and 12.7% had treatment for retinopathy.

FEET

Process: 62.4% had a foot check by a health professional in the last 12 months.

Outcome: 11.7% of patients had foot ulceration, 24.7% peripheral neuropathy and 5.3% recorded lower limb amputation.

KIDNEYS (ALBUMINURIA AND eGFR)

Process: 59.0% of patients had a urinary protein/albumin and eGFR recorded.

Outcome:

Adaptation of Prognosis of CKD by GFR and albuminuria categories: KDIGO 2012 ¹⁹				Persistent albuminuria categories Description and range		
				A1	A2	A3
				Normal to mildly increased	Moderately increased	Severely increased
				AER <20 (mg/L) ACR <3 (mg/mmol)	AER 20–200 (mg/L) ACR 3–30 (mg/mmol)	AER >200 (mg/L) ACR >30 (mg/mmol)
GFR categories (ml/min/1.73m ²) Description and range	G1	Normal or high	≥90	458 (26.7%)	173 (10.1%)	38 (2.2%)
	G2	Mildly decreased	60–89	392 (22.9%)	185 (10.8%)	33 (1.9%)
	G3a	Mildly to moderately decreased	45–59	99 (5.8%)	70 (4.1%)	31 (1.8%)
	G3b	Moderately to severely decreased	30–44	44 (2.6%)	57 (3.3%)	40 (2.3%)
	G4	Severely decreased	15–29	14 (0.8%)	23 (1.3%)	35 (2.0%)
	G5	Kidney failure	<15	1 (0.1%)	2 (0.1%)	19 (1.1%)

Green: low risk (if no other markers of kidney disease, no CKD); yellow: moderately increased risk; orange: high risk; red: very high risk.

BENCHMARKING TO INTERNATIONAL KEY METRIC TARGETS

The World Health Organisation (WHO) Global Diabetes Compact is a WHO-driven initiative uniting stakeholders around goals of reducing diabetes risk and ensuring that people with diabetes have equitable access to comprehensive, affordable care and prevention. The WHO Global Diabetes Compact have set out five key national metrics and target levels for United Nations member states to achieve.²⁶

Of all people,

1. At least 80% have been clinically diagnosed

Of all people with diagnosed diabetes,

2. 80% have HbA1c <8.0% (<63.9 mmol/mol)
3. 80% have blood pressure <140/90 mmHg
4. At least 60% of people ≥40 years are receiving statin therapy
5. Each person with type 1 diabetes has continuous access to insulin, blood glucose meters, and test strips

Table 25 demonstrates key data against benchmarking to key metric targets outlined by the WHO Global Diabetes Compact. Over 5 in 10 patients met the glycaemic target, over 6 in 10 patients met the blood pressure target, over 9 in 10 patients met the statin therapy target, and all patients with T1DM had access to insulin.

TABLE 25. BENCHMARKING TO WHO GLOBAL DIABETES COMPACT KEY METRIC TARGETS

RISK FACTOR	TARGET	% MEETING TARGET
HbA1c (%)	<8	51.6
Blood pressure (mmHg)	<140/90	64.5
Statin therapy in adults aged ≥40 years	>60%	94.3
Continuous access to insulin – T1DM patients only	100%	100.0

Furthermore, the European Society of Cardiology (ESC) 2023 Guidelines for the Management of Cardiovascular Disease in Patients with Diabetes²⁷ were developed to guide prevention and management of the manifestations of CVD in patients with diabetes, and provide clear recommendations on how to reduce cardiovascular risk in patients with diabetes. These guidelines provide treatment and targets levels for lifestyle changes (diet/nutrition, physical activity and smoking cessation) and other modifiable risk factors including HbA1c, blood pressure, lipids and BMI.

Table 26 provides key data against benchmarking to targets outlined in the 2023 ESC Guidelines that were not already captured in this report. Almost 5 in 10 patients met the systolic blood pressure target of <130 mmHg while over 5 in 10 patients met the individualised systolic blood pressure target. Over 7 in 10 patients met the antihypertensive therapy recommendations. About 7 in 10 patients met the LDL cholesterol target of <2.6 mmol/L and this was further reduced to almost 4 in 10 patients meeting target when a lower LDL cholesterol target of <1.8 mmol/L was employed. Of those who were considered overweight/obese, Almost 3 in 10 patients were on GLP-1/GIP agonists.

TABLE 26. BENCHMARKING TO 2023 ESC GUIDELINES FOR CARDIOVASCULAR DISEASE MANAGEMENT IN DIABETES

RISK FACTOR	TARGET	% MEETING TARGET
Systolic BP (mmHg)	<130	45.0
Systolic BP (mmHg)	Individualised*	54.4
Antihypertensive therapy when BP ≥140/90 mmHg	100%	72.6
LDL cholesterol (mmol/L)	<2.6†	69.2
LDL cholesterol (mmol/L)	<1.8††	36.1
GLP-1/GIP agonists if BMI ≥25 kg/m ²	100%	27.4

*Individualised systolic BP targets where target is <130 mmHg if aged ≤65 years and target is 130-139 mmHg if aged >65 years

†Target for patients at high risk of CVD, defined as patients with DM without CVD and/or severe target organ damage (TOD) and not fulfilling the moderate risk category (patients with well controlled short-standing DM (e.g. <10 years), no evidence of TOD and no additional CVD risk factors)

††Target for patients at very high risk of CVD, defined as patients with DM with established CVD and/or severe TOD

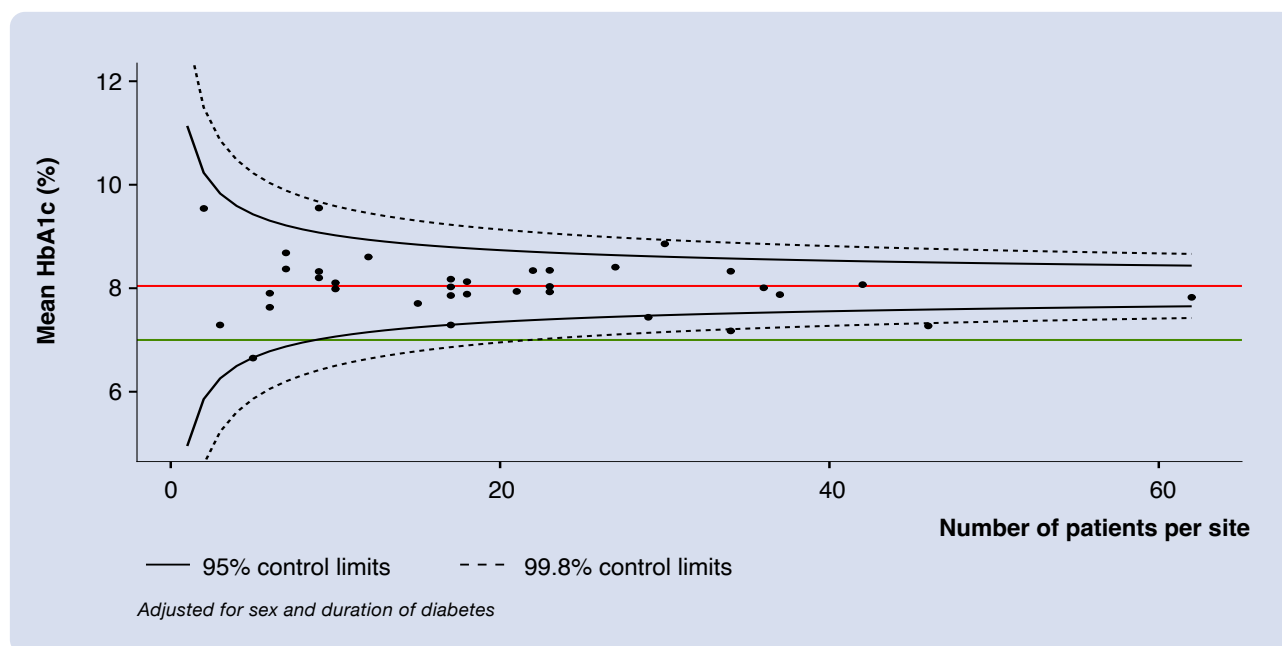
- eGFR <45 mL/min/1.73 m² irrespective of albuminuria
- eGFR 45-59 mL/min/1.73 m² and microalbuminuria (ACR 30-300 mg/g)
- Proteinuria (ACR >300 mg/g)
- Presence of microvascular disease in at least 3 different sites (e.g. microalbuminuria plus retinopathy plus neuropathy)

BENCHMARKING TO PARTICIPATING SITES

Herein are the funnel plots providing benchmarking to participating sites. To allow comparability across sites, who may see very different patient populations, clinical performance was adjusted for statistically significant, non-care related patient factors. As such, the mean level (highlighted by the red line) may be slightly different to that reported in the main results.

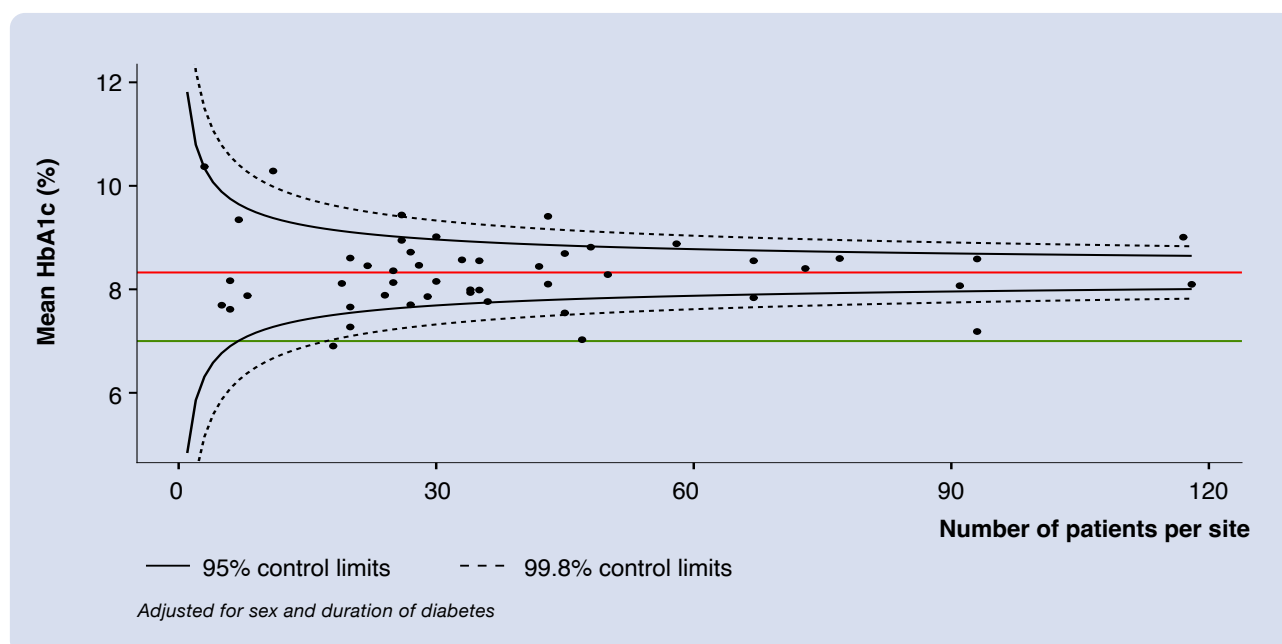
Among patients with T1DM, there were no outliers identified for mean HbA1c (mean of T1DM cohort = 8.0%), however, there were two sites positioned above the 'alert' limit (but below the 'action' limit) and may be at risk of outlier performance. The green line represents the HbA1c treatment target ($\leq 7.0\%$).

FIGURE 18. MEAN HBA1C IN PATIENTS WITH T1DM BY SITE



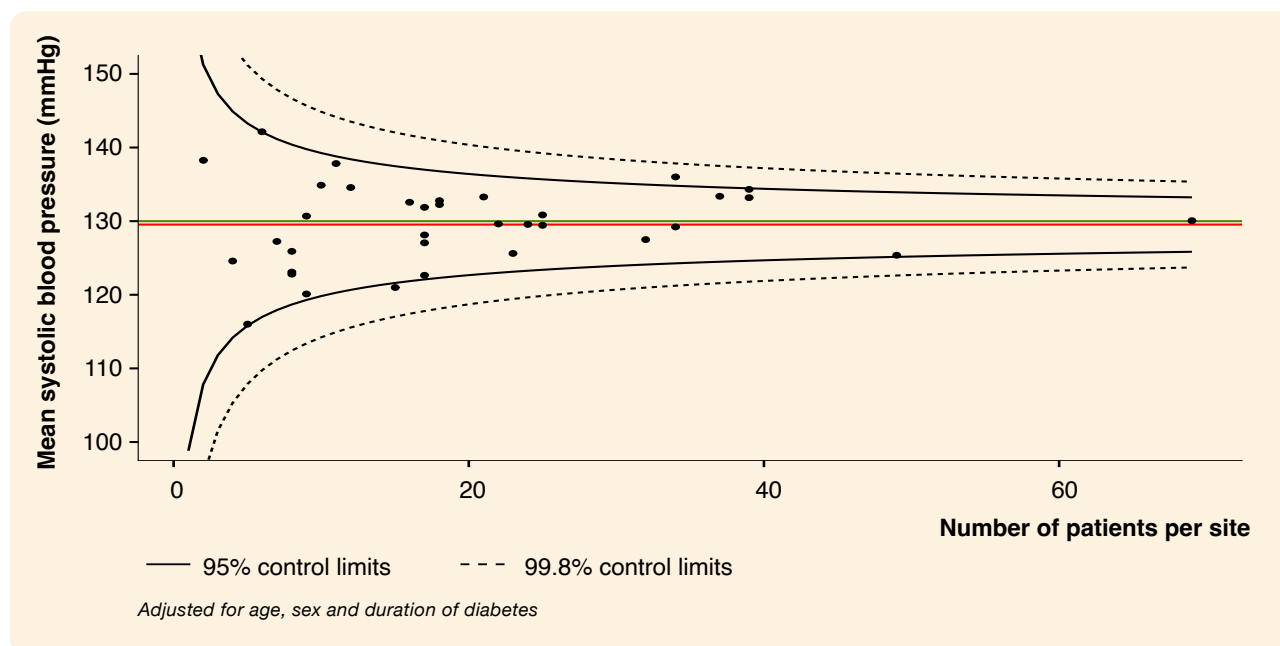
Among patients with T2DM, four outliers were present above the action control limit for mean HbA1c (mean of T2DM cohort = 8.3%). There were three sites positioned above the 'alert' limit (but below the 'action' limit) and may be at risk of outlier performance. The green line represents the HbA1c treatment target ($\leq 7.0\%$).

FIGURE 19. MEAN HBA1C IN PATIENTS WITH T2DM BY SITE



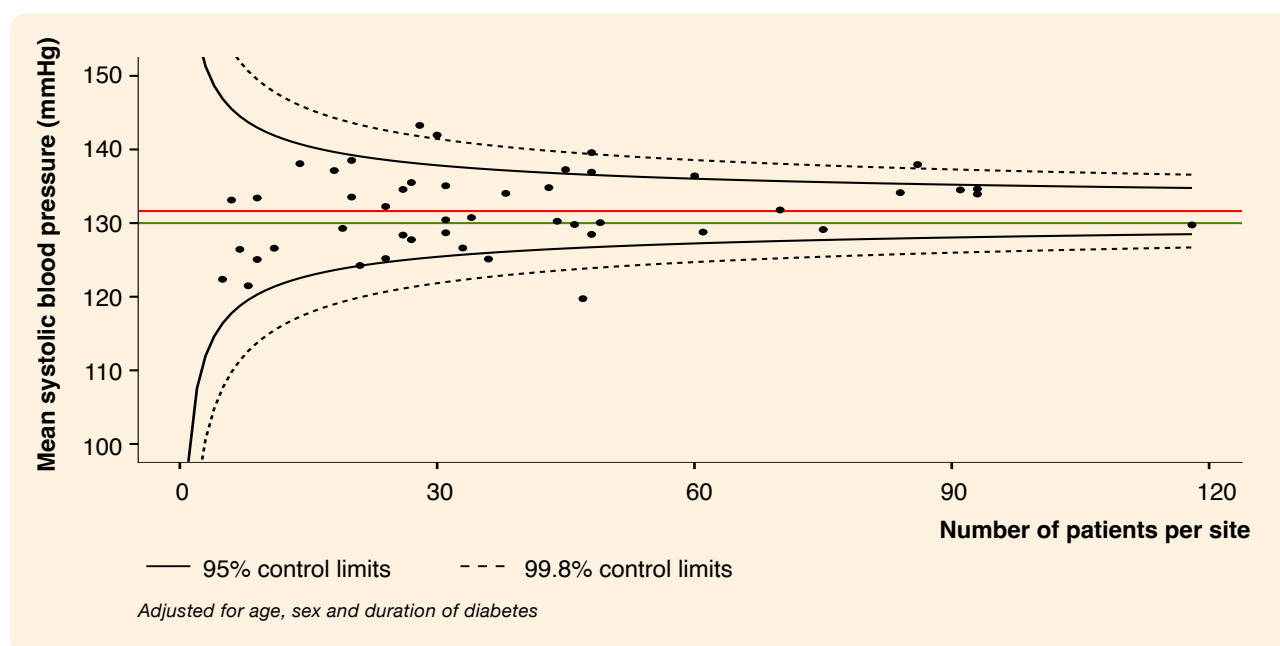
Among patients with T1DM, there were no outliers present above the action control limit for mean systolic blood pressure (mean of T1DM cohort = 130 mmHg), however, there were two sites positioned above the 'alert' limit (but below the 'action' limit) and may be at risk of outlier performance. The green line represents the blood pressure treatment target (<130 mmHg).

FIGURE 20. MEAN SYSTOLIC BLOOD PRESSURE IN PATIENTS WITH T1DM BY SITE



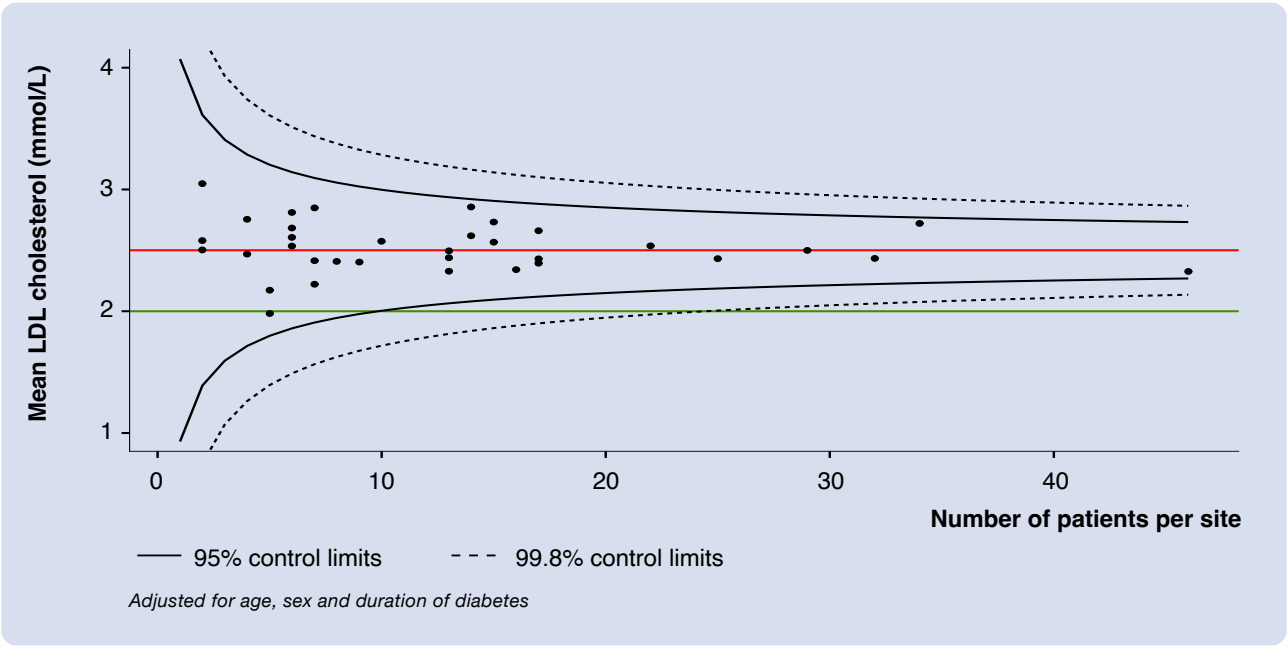
Among patients with T2DM, there were four outliers present above the 99.8% control limit for mean systolic blood pressure (mean of T2DM cohort = 132 mmHg), and three sites were positioned above the 'alert' limit (but below the 'action' limit) and may be at risk of outlier performance. The green line represents the blood pressure treatment target (≤ 130 mmHg).

FIGURE 21. MEAN SYSTOLIC BLOOD PRESSURE IN PATIENTS WITH T2DM BY SITE



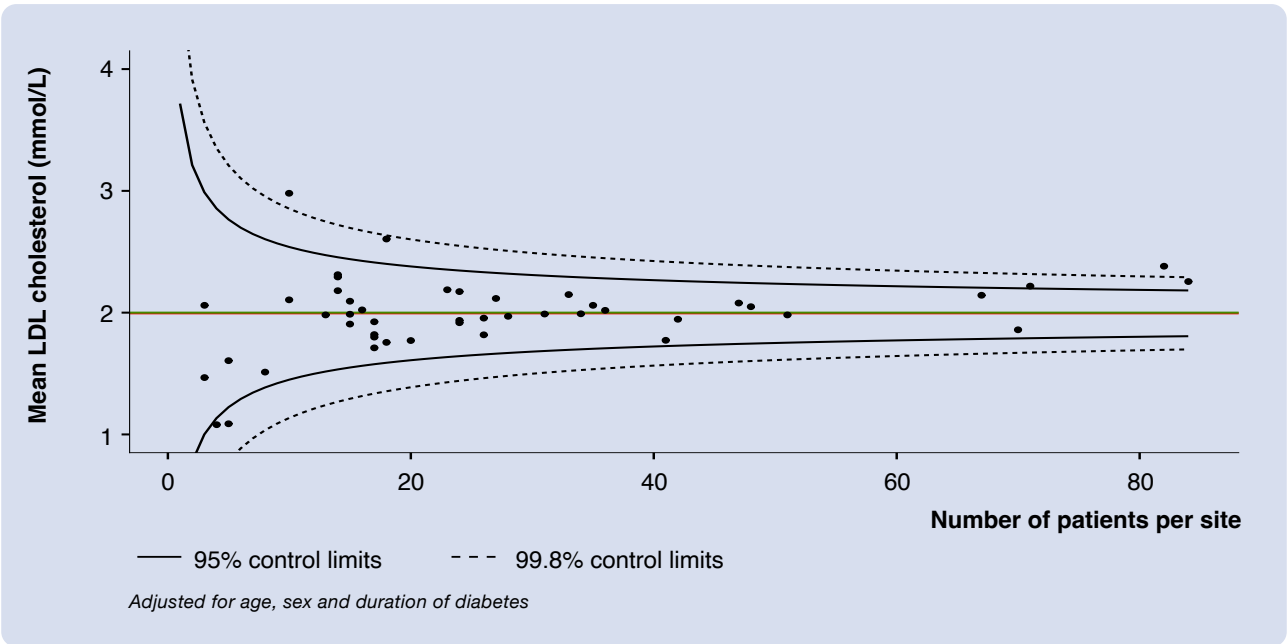
Among patients with T1DM, there were no outliers identified for mean LDL cholesterol (mean of T1DM cohort = 2.5 mmol/L). The green line represents the LDL treatment target (<2.0 mmol/L).

FIGURE 22. MEAN LDL CHOLESTEROL IN PATIENTS WITH T1DM BY SITE



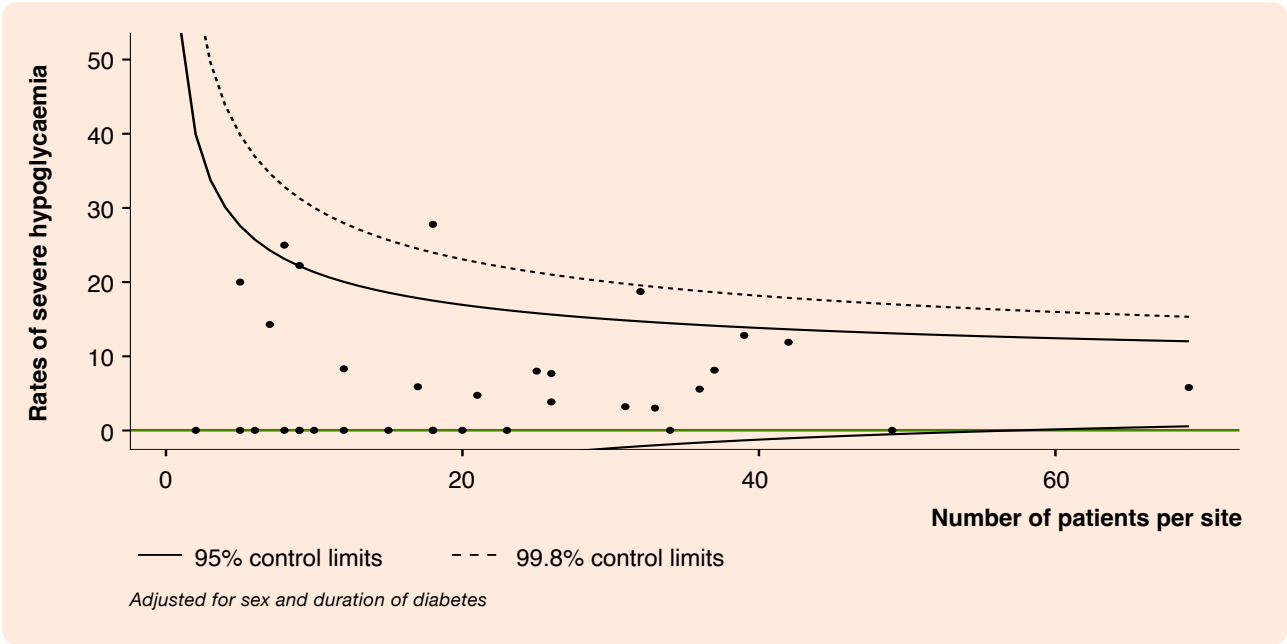
Among patients with T2DM, there were two outliers identified for mean LDL cholesterol (mean of T2DM cohort = 2.0mmol/L), and there were three sites positioned above the 'alert' limit (but below the 'action' limit) and may be at risk of outlier performance. The green line represents the LDL treatment target (<2.0mmol/L).

FIGURE 23. MEAN LDL CHOLESTEROL IN PATIENTS WITH T2DM BY SITE



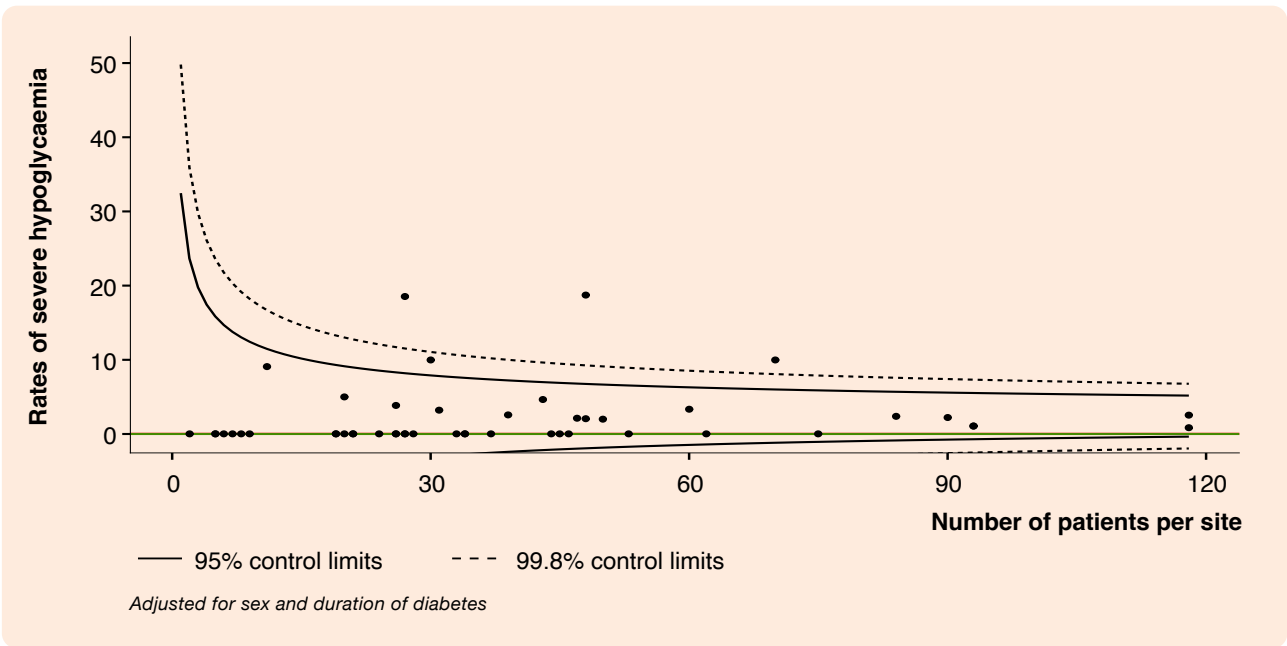
Among patients with T1DM, there was one outlier identified for severe hypoglycaemia (mean of T1DM cohort = 0%), and there were three sites positioned above the 'alert' limit (but below the 'action' limit) and may be at risk of outlier performance. The green line represents the target severe hypoglycaemia event rate (0%).

FIGURE 24. RATES OF SEVERE HYPOGLYCAEMIA IN PATIENTS WITH T1DM IN THE LAST 12 MONTHS BY SITE



Among patients with T2DM, there were three outliers identified above the 99.8% action control limit for severe hypoglycaemia (mean of T2DM cohort = 0.02%), and there was one site positioned above the 'alert' limit (but below the 'action' limit) and may be at risk of outlier performance. The green line represents the target severe hypoglycaemia event rate (0%).

FIGURE 25. RATES OF SEVERE HYPOGLYCAEMIA IN PATIENTS WITH T2DM IN THE LAST 12 MONTHS BY SITE



A woman with long dark hair, wearing a light-colored cardigan and a leopard-print scarf, is smiling while looking at her smartphone. She is outdoors, with trees and a grassy area in the background. The image is split into two vertical panels: the left panel has a blue overlay, and the right panel shows the woman in natural light.

SECTION 5

HEALTH OUTCOMES BY DIABETES TYPE

BLOOD GLUCOSE CONTROL

Mean and median HbA1c was slightly higher in patients with T2DM compared with patients with T1DM and other (secondary causes) type of diabetes (Table 27).

TABLE 27. BLOOD GLUCOSE CONTROL BY DIABETES TYPE

DIABETES TYPE	N	HBA1C (%)	HBA1C (MMOL/MOL)
		MEAN ± SD	
Overall	2715	8.2 ± 1.8	66.1 ± 20.2
T1DM	721	8.0 ± 1.7	63.9 ± 18.1
T2DM	1906	8.3 ± 1.9	67.2 ± 20.8
Other (Secondary causes)	82	7.9 ± 1.9	62.4 ± 21.1
MEDIAN (IQR)			
Overall	2715	7.9 (6.9, 9.1)	63.0 (52.0, 76.0)
T1DM	721	7.7 (6.9, 8.8)	61.0 (52.0, 73.0)
T2DM	1906	8.0 (6.9, 9.3)	64.0 (52.0, 78.0)
Other (Secondary causes)	82	7.7 (6.6, 8.9)	61.0 (48.5, 73.5)

BODY MASS INDEX

Of all patients captured, 97.2% reported weight, and 94.8% reported height.

Table 28 shows the mean BMI of patients with diabetes. The mean BMI of patients with T1DM and other (secondary causes) was in the overweight range, while the mean BMI of patients with T2DM was in the obese range.

TABLE 28. BODY MASS INDEX BY DIABETES TYPE

DIABETES TYPE	N	BMI (KG/M²)
		MEAN ± SD
Overall	2739	31.3 ± 7.4
T1DM	747	28.2 ± 6.1
T2DM	1905	32.5 ± 7.5
Other (Secondary causes)	81	29.3 ± 8.3

BLOOD PRESSURE

Table 29 presents the mean blood pressure for patients with T1DM and T2DM, as well as those on antihypertensive therapy. The mean blood pressure of patients with T1DM was 130/77 mmHg and therefore met the blood pressure target of <130/80 mmHg. The mean blood pressure of patients with T2DM was 133/77 mmHg and therefore was slightly higher than the blood pressure target of <130/80 mmHg but was less than the more modest target of <140/90 mmHg.

Mean blood pressure was typically higher in those patients taking antihypertensive medication, likely reflecting a treatment gap.

TABLE 29. BLOOD PRESSURE AND ANTIHYPERTENSIVE THERAPY BY DIABETES TYPE

ANTI-HYPERTENSIVE THERAPY	SYSTOLIC BP MEAN ± SD	DIASTOLIC BP MEAN ± SD
T1DM (N=728)		
Overall	130 ± 17	77 ± 9
On anti-hypertensive therapy	138 ± 19	77 ± 10
Not on anti-hypertensive therapy	126 ± 15	77 ± 9
T2DM (N=1878)		
Overall	133 ± 18	77 ± 11
On anti-hypertensive therapy	135 ± 18	76 ± 11
Not on anti-hypertensive therapy	129 ± 16	78 ± 10

LIPIDS

Mean total cholesterol, HDL and LDL cholesterol were higher in patients with T1DM compared with T2DM, but no differences were observed for non-HDL (Table 30). In contrast, median triglycerides were higher in patients with T2DM compared with T1DM.

TABLE 30. LIPIDS BY DIABETES TYPE

LIPIDS (MMOL/L)	N	MEAN ± SD
T1DM		
Total cholesterol	507	4.6 ± 1.0
HDL cholesterol	455	1.5 ± 0.4
LDL cholesterol	462	2.5 ± 0.9
Non-HDL cholesterol	454	3.1 ± 0.9
Triglyceride*, median (IQR)	494	1.0 (0.7, 1.4)
T2DM		
Total cholesterol	1471	4.2 ± 1.2
HDL cholesterol	1289	1.2 ± 0.4
LDL cholesterol	1277	2.1 ± 1.0
Non-HDL cholesterol	1288	3.0 ± 1.2
Triglyceride*, median (IQR)	1331	1.7 (1.2, 2.4)

*Reported as median (IQR) as data are not normally distributed

Table 31 shows that patients on lipid modifying therapy had lower mean/median cholesterol levels than patients not on lipid modifying therapy. On average, patients with T1DM on lipid modifying therapy met HDL (≥ 1.0 mmol/L) and triglyceride (< 2.0 mmol/L) targets but did not meet the total cholesterol (< 4 mmol/L), LDL (< 2.0 mmol/L) or non-HDL (< 2.5 mmol/L) targets. On average, patients with T2DM on lipid modifying therapy met total cholesterol, HDL, LDL and triglyceride targets, but did not meet the non-HDL targets.

TABLE 31. LIPIDS AND LIPID MODIFYING THERAPY USE BY DIABETES TYPE

LIPIDS (MMOL/L)	ON LIPID MODIFYING THERAPY MEAN $\pm$ SD	NOT ON LIPID MODIFYING THERAPY MEAN $\pm$ SD
T1DM		
Total cholesterol	4.2 $\pm$ 1.0	4.9 $\pm$ 0.9
HDL cholesterol	1.4 $\pm$ 0.4	1.5 $\pm$ 0.4
LDL cholesterol	2.1 $\pm$ 0.8	2.8 $\pm$ 0.8
Non-HDL cholesterol	2.7 $\pm$ 0.9	3.3 $\pm$ 0.9
Triglyceride*, median (IQR)	1.0 (0.8, 1.5)	0.9 (0.7, 1.3)
T2DM		
Total cholesterol	4.0 $\pm$ 1.2	4.8 $\pm$ 1.2
HDL cholesterol	1.1 $\pm$ 0.4	1.2 $\pm$ 0.4
LDL cholesterol	1.9 $\pm$ 0.9	2.7 $\pm$ 1.0
Non-HDL cholesterol	2.8 $\pm$ 1.1	3.6 $\pm$ 1.2
Triglyceride*, median (IQR)	1.7 (1.2, 2.3)	1.7 (1.2, 2.4)

*Reported as median (IQR) as data are not normally distributed

EYE COMPLICATIONS

Table 32 show eye testing and complications data among patients with T1DM and T2DM. Most eye complications were more common in patients with T1DM, except for cataract which was more common in patients with T2DM. However, similar proportions of patients with T1DM and T2DM self-reported attendances at an eye specialist in the last 12 months. A minority of patients with T1DM and T2DM reported blindness.

TABLE 32. PREVALENCE OF EYE TESTING AND COMPLICATIONS BY DIABETES TYPE

EYE TESTING AND COMPLICATIONS	N	%
T1DM		
Attended optometrist/ophthalmologist*	669	82.5
Retinopathy	765	25.0
Treatment for retinopathy	758	16.1
Cataract	758	18.1
Blindness	754	3.2
T2DM		
Attended optometrist/ophthalmologist*	1625	79.8
Retinopathy	1935	20.6
Treatment for retinopathy	1923	11.9
Cataract	1936	31.4
Blindness	1931	2.3

*Attendances to optometrists/ophthalmologists reflect attendances in the last 12 months only

FOOT COMPLICATIONS

Table 33 highlights foot complications among patients with T1DM and T2DM. Compared to patients with T1DM, patients with T2DM were more likely to have self-reported a foot check by a health professional in the last 12 months. Foot complications including amputation were more common in patients with T2DM compared with T1DM. Almost 3 in 10 patients with T2DM reported peripheral neuropathy, more than 1 in 10 reported foot ulceration, and 1 in 10 reported peripheral vascular disease. A minority of patients with T1DM and T2DM reported lower limb amputation.

TABLE 33. PREVALENCE OF FOOT COMPLICATIONS BY DIABETES TYPE

FOOT CHECKS AND COMPLICATIONS	N	%
T1DM		
Foot check by health professional*	670	53.0
Foot ulceration	786	6.0
Peripheral vascular disease	786	5.0
Peripheral neuropathy	786	16.3
Lower limb amputation**	787	2.4
Minor		1.9
Major		0.6
T2DM		
Foot check by health professional*	1617	66.6
Foot ulceration	1992	14.2
Peripheral vascular disease	1983	10.9
Peripheral neuropathy	1998	28.2
Lower limb amputation**	1995	6.6
Minor		5.1
Major		1.6

*Foot checks by a health professional were only captured in the last 12 months

**A small number of patients specified amputation was both major and minor

KIDNEY COMPLICATIONS

Almost twice as many patients with T2DM compared with T1DM had moderately/severely increased albuminuria. CKD was also more common in T2DM, with more than 3 in 10 patients with T2DM reporting stage 3-5 CKD compared to just over 1 in 10 patients with T1DM. Stage 5 CKD (end stage kidney disease) was almost twice as common in patients with T2DM compared to T1DM (Table 34).

TABLE 34. KIDNEY COMPLICATIONS BY DIABETES TYPE

COMPLICATIONS	%	%
Albuminuria*	T1DM (N=473)	T2DM (N=1220)
Normal to mildly increased	75.7	51.8
Moderately increased	18.6	34.4
Severely increased	5.7	13.8
Chronic Kidney Disease *	T1DM (N=673)[†]	T2DM (N=1865)[†]
Stage 1	58.2	32.4
Stage 2	30.9	37.4
Stage 3	7.1	23.2
Stage 4	1.8	4.3
Stage 5 ^{††}	3.5 ^{††}	6.8 ^{††}

*Reported in the last 12 months

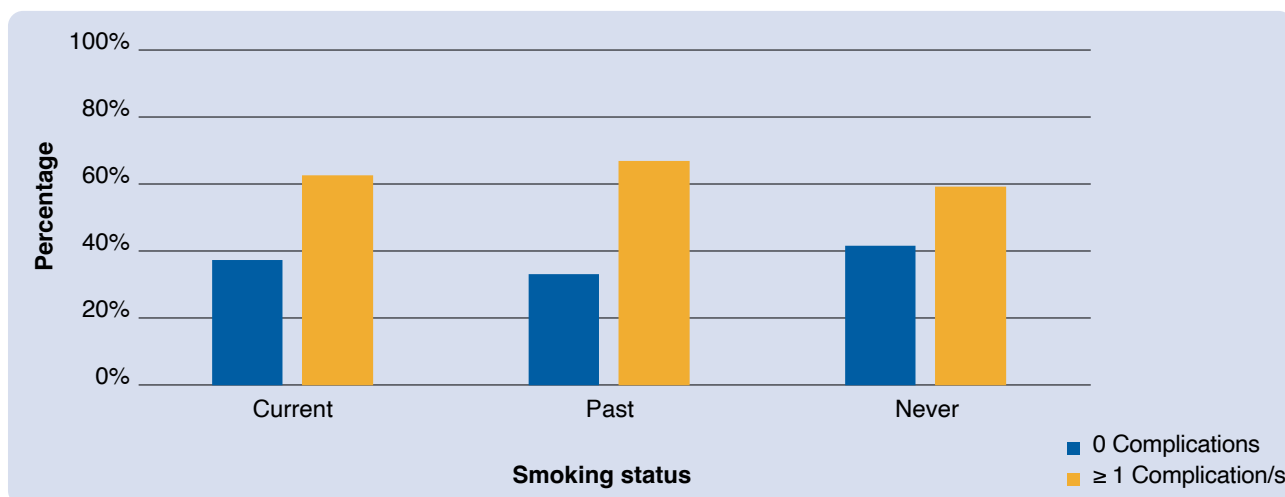
[†]This N reflects the total number of patients with eGFR data used to estimate CKD stage.

^{††}Stage 5 chronic kidney disease is defined as end stage kidney disease and included patients with an eGFR <15 mL/min/1.73m² and/or dialysis dependent (haemodialysis or peritoneal dialysis) and/or renal transplant recipient. The relevant N for Stage 5 was 789 for patients with T1DM and 2008 for patients with T2DM.

IMPACT OF SMOKING

Past smokers recorded the highest proportion of complications, with almost 7 in 10 patients recording at least 1 complication (Figure 26). Of the patients who were current smokers, about 6 in 10 patients recorded at least 1 complication.

FIGURE 26. DIABETES RELATED COMPLICATIONS BY SMOKING STATUS (N=2199)



Compared to patients with T2DM, patients with T1DM were only slightly more likely to be current smokers. More specifically, of those with T1DM, over 1 in 10 patients were current smokers and over 2 in 10 patients were past smokers. Of those with T2DM, over 1 in 10 patients were current smokers and almost 4 in 10 patients were past smokers (Table 35).

TABLE 35. SMOKING STATUS BY DIABETES TYPE

SMOKING STATUS	T1DM (N=618)	T2DM (N=1518)
	%	%
Current	15.9	13.8
Past	21.4	37.6
Never	62.8	48.6

MENTAL HEALTH SCREENING

Mental health screening was defined as screening using a validated questionnaire such as the Patient Health Questionnaire (PHQ-9) screening tool for depression, Generalised Anxiety Disorder scale (GAD-7) screening tool for anxiety and the Problem Areas In Diabetes (PAID) screening tool for diabetes distress.

Compared to patients with T2DM, patients with T1DM were more likely to be screened for mental health conditions. Of those with T1DM, about 1 in 10 patients were screened for depression, anxiety and/or diabetes distress. Of those with T2DM, just over 1 in 20 patients were screened for mental health (Table 36).

TABLE 36. MENTAL HEALTH SCREENING IN THE LAST 12 MONTHS BY DIABETES TYPE

MENTAL HEALTH SCREENING	T1DM		T2DM	
	N	%	N	%
Depression*	685	10.8	1728	6.7
Anxiety*	671	10.6	1742	6.6
Diabetes Distress	752	11.0	1923	6.7

* Screening for depression/anxiety was only applicable to those who were not already diagnosed in the last 12 months

A photograph of a young woman with brown hair tied back, wearing a dark blue and brown patterned sweater, smiling and holding the hand of an elderly woman. The elderly woman is wearing sunglasses, a pink shirt, and a dark jacket, and is also smiling. They are outdoors in a grassy area with trees in the background. A blue semi-transparent overlay covers the left side of the image.

SECTION 6

PATIENT REPORTED OUTCOMES

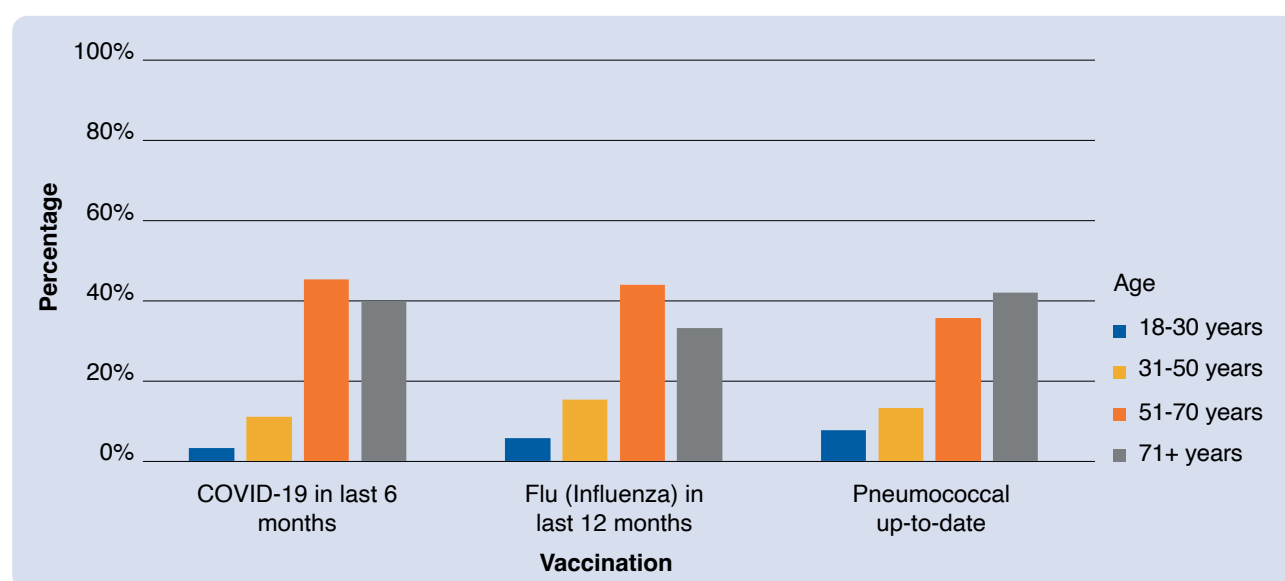
VACCINATIONS

Just over 6 in 10 patients self-reported vaccination against influenza in the last 12 months, almost 3 in 10 patients self-reported vaccination against COVID-19 in the last 6 months and just over 2 in 10 patients self-reported vaccination against pneumococcal was up-to-date (Table 37). Those aged over 50 years were more likely to be vaccinated, with vaccination rates against COVID-19 and influenza highest in those aged over 51-70 years followed by those aged over 70 years (Figure 27).

TABLE 37. VACCINATIONS

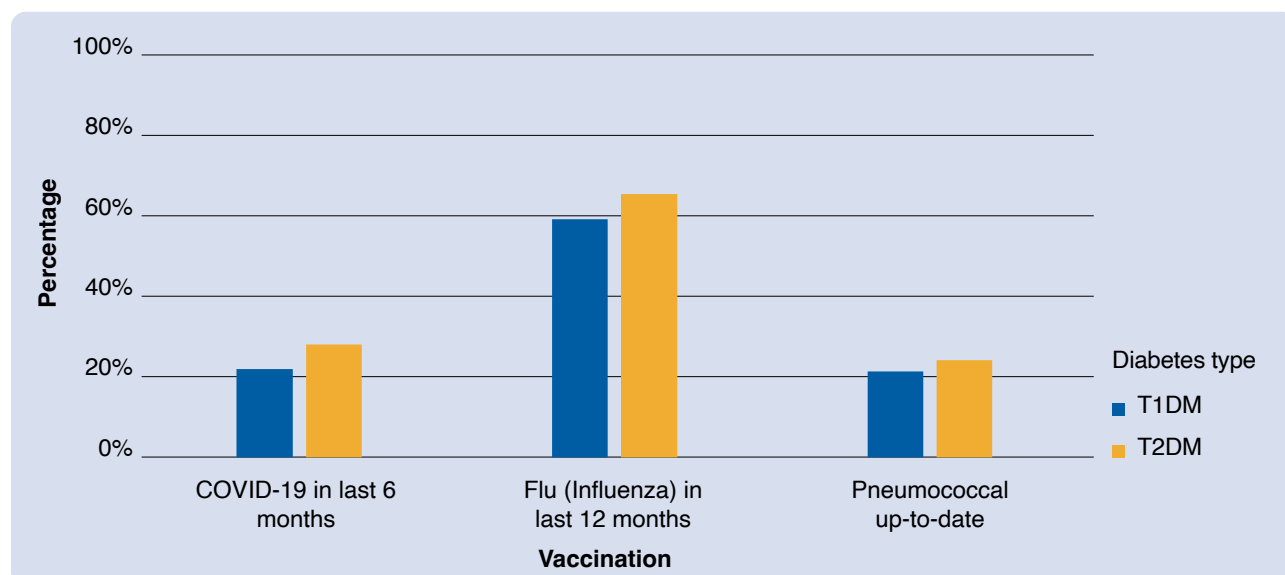
VACCINATION	N	%
COVID-19 in last 6 months	2360	26.1
Flu (Influenza) in last 12 months	2357	63.3
Pneumococcal up-to-date	2346	23.0

FIGURE 27. DISTRIBUTION OF PATIENTS VACCINATED BY AGE



Patients with T2DM were more likely to be vaccinated against COVID-19, influenza and pneumococcal compared to patients with T1DM (Figure 28).

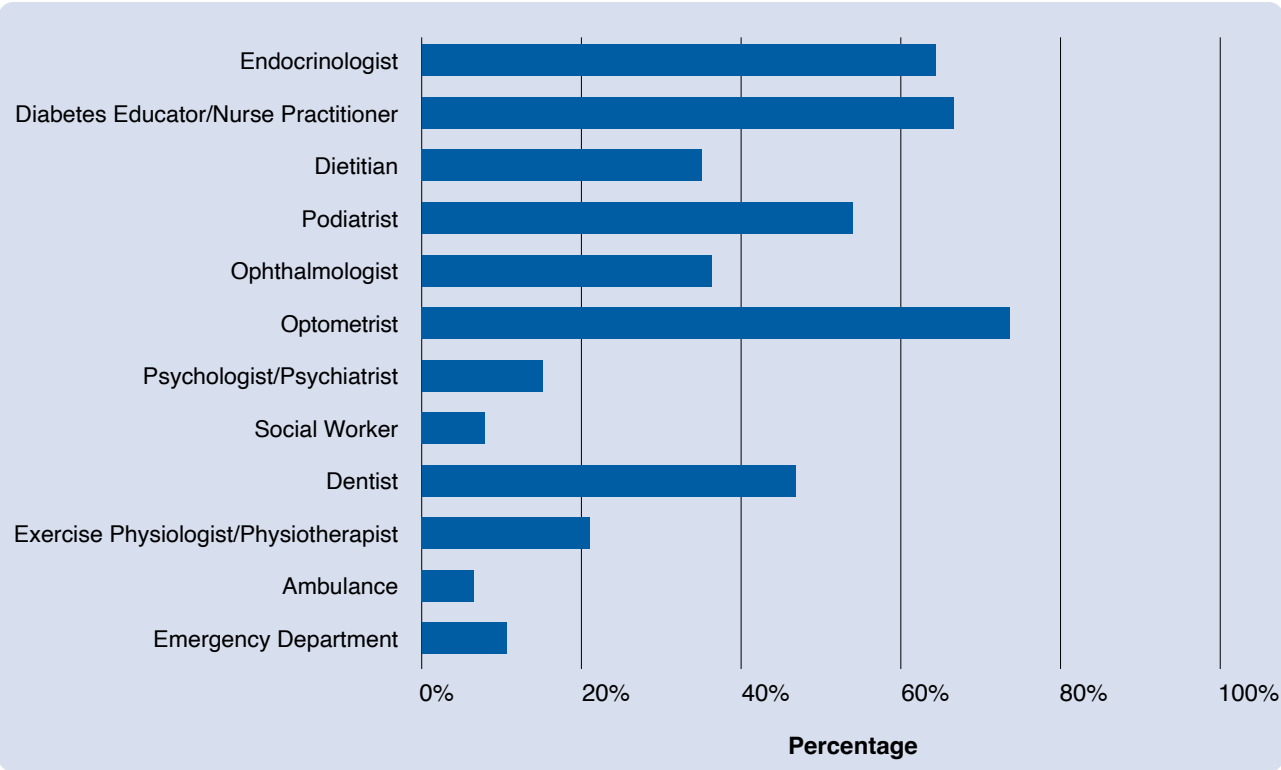
FIGURE 28. VACCINATIONS BY DIABETES TYPE



HEALTH PROFESSIONAL ATTENDANCES

Figure 29 presents health professional attendances in the last 12 months. Most patients self-reported consultations with endocrinologists (over 6 in 10 patients), and a similar proportion self-reported consultations with a diabetes educator or nurse practitioner. Over 7 in 10 patients self-reported consultations with an optometrist and almost 4 in 10 consultations with an ophthalmologist. Over 5 in 10 patients self-reported consultations with a podiatrist, almost 5 in 10 consultations with a dentist, and over 3 in 10 consultations with a dietitian. Over 1 in 10 patients self-reported seeing a psychologist or psychiatrist. Emergency department and ambulance attendances were less common.

FIGURE 29. HEALTH PROFESSIONAL ATTENDANCES IN THE LAST 12 MONTHS



MEDICATION USE

The majority of patients self-reported that they usually take all of their medications as recommended (8 in 10 patients) (Table 38). Among those patients who do not take their medications as recommended, the average number of times this occurred was 3.9 times per week.

TABLE 38. MEDICATION USE

MEDICATION USE	N	%
Not taken medication as recommended in the last 2 weeks	2360	18.4
Number of times, mean ± SD	3.9 ± 4.8	

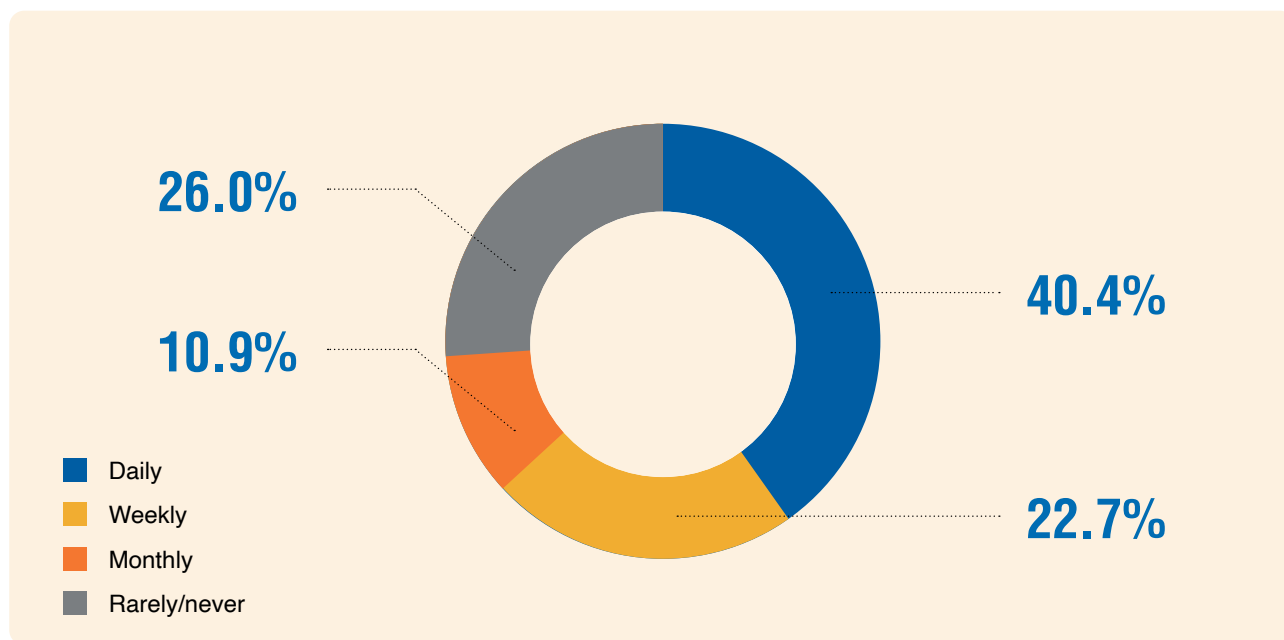
SELF-CARE PRACTICES

Patient self-care practices were collected on approximately 81.6% of patients.

FOOT CARE

About 4 in 10 patients reported self-checking their feet daily and 2 in 10 self-checking their feet weekly. Over 2 in 10 patients reported rarely/never self-checking their feet (Figure 30).

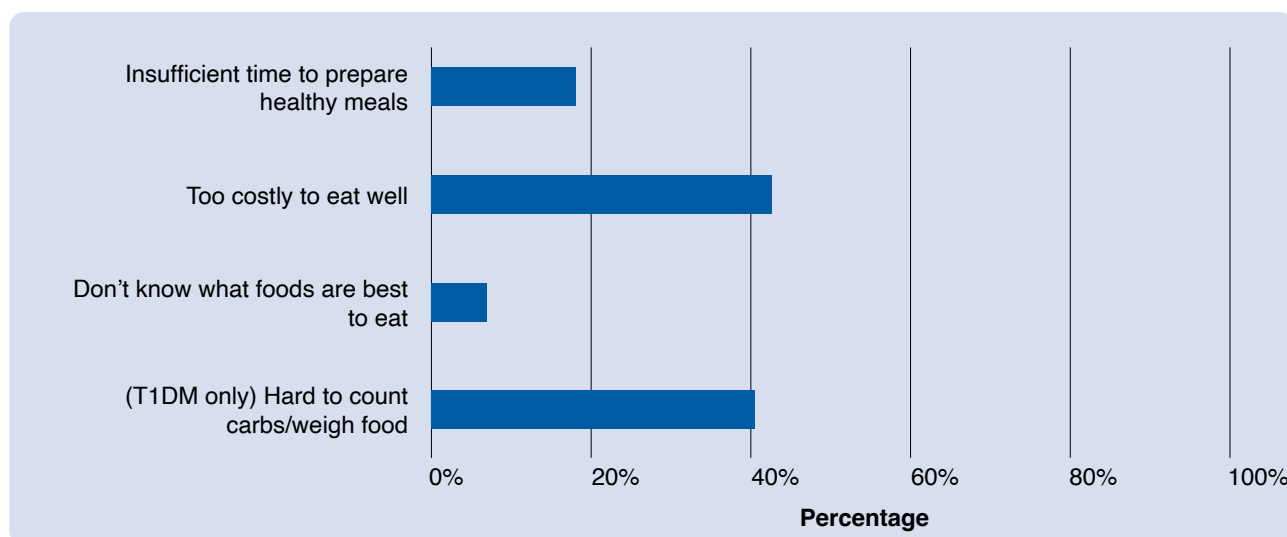
FIGURE 30. SELF-CHECKING OF FEET (N=2316)



NUTRITION/DIET MANAGEMENT

Patients with diabetes reported the greatest barrier for nutrition/diet management was the cost to eat well, followed by insufficient time to prepare healthy meals. A minority of patients reported they lack knowledge of what foods are best to eat (Figure 31). Of those with T1DM, about 4 in 10 patients reported it is too hard to count carbohydrates and weigh food.

FIGURE 31. PATIENT DIETARY PRACTICES (N=2356)



PHYSICAL ACTIVITY

Over 3 in 10 patients self-reported that they engaged in sufficient physical activity (at least 150 total minutes of moderate to vigorous exercise per week), with over 6 in 10 patients not meeting recommended physical activity recommendations (with 3 in 10 patients rarely/never engaging in physical activity) (Figure 32). About 4 in 10 patients reported that they do muscle strengthening exercises in a usual week, including lifting weights or household tasks that involve lifting, carrying or digging while almost 6 in 10 patients reported that that do not undertake muscle strengthening exercises in a usual week (Figure 33).

FIGURE 32. PHYSICAL ACTIVITY (N=2353)

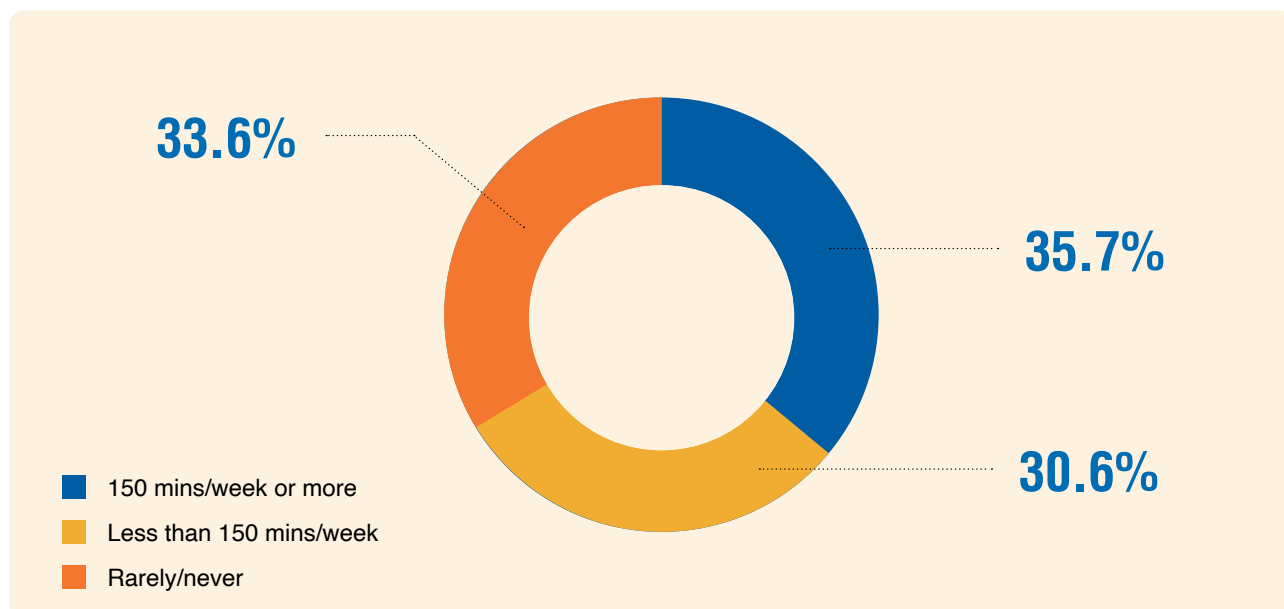
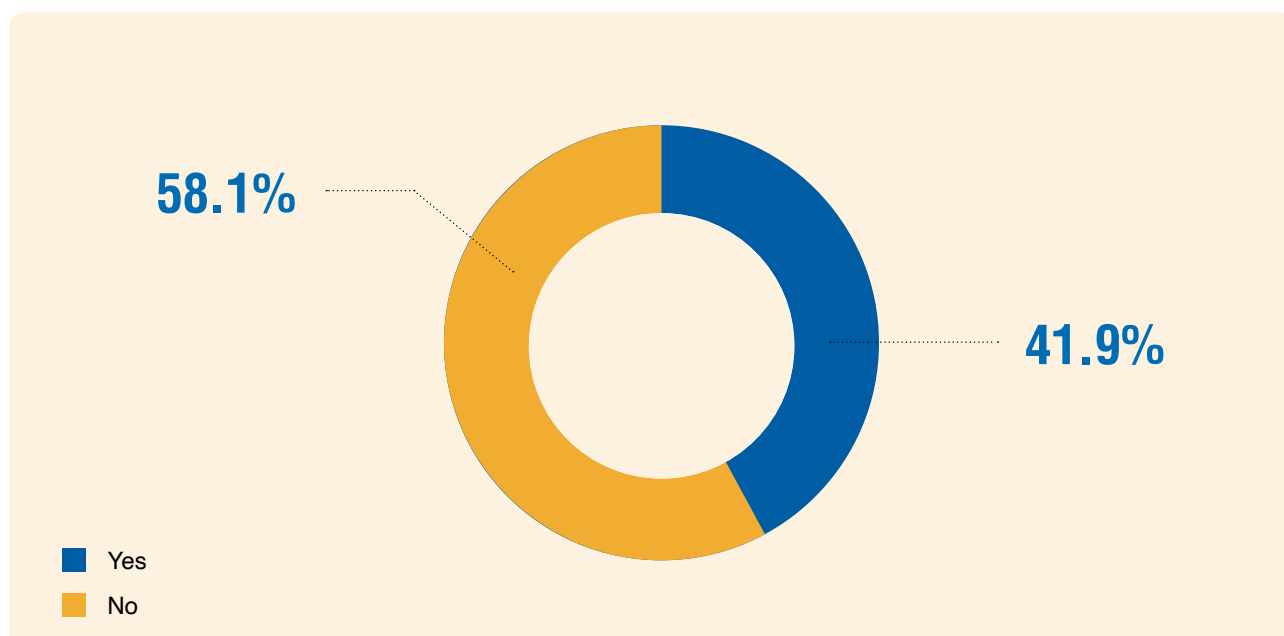


FIGURE 33. MUSCLE STRENGTHENING (N=2348)





SECTION 7 SUB-ANALYSES

CENTRE TYPE AT A GLANCE

Table 39 details the 49 centres that participated in ADCQR 2024. Twenty-six sites were comprised of Centres of Excellence or Tertiary Care Centres (CoE/Tertiary), with the contribution from each individual site ranging from 6 to 159 patients. Twenty-three sites were comprised of Secondary or Primary Care Centres (Secondary/Primary), with the contribution from each individual site ranging from 9 to 99 patients. There were more than double the number of patients from Centres of Excellence or Tertiary centres than Primary or Secondary care centres.

Patients from CoE/Tertiary centres were typically younger than those from Secondary/Primary centres (57.0 vs 63.1 years), however duration of diabetes was longer in CoE/Tertiary settings (15.4 vs 13.7 years). As expected, more patients with T1DM and secondary causes of diabetes attended CoE/Tertiary centres, while more patients with T2DM attended Secondary/Primary centres. As such, a greater proportion of patients from CoE/Tertiary centres were using CGM.

Patients from CoE/Tertiary centres had a higher mean and median HbA1c than patients from Secondary/Primary centres. These findings likely reflect the fact that patients who are referred to CoE/Tertiary centres typically have more complex and difficult-to-manage diabetes. Blood pressure and lipid levels were comparable across centre types, although patients from CoE/Tertiary centres were more likely to be using lipid lowering therapy while patients from Secondary/Primary centres were more likely to be using antihypertensive treatment.

Patients managed at CoE/Tertiary centres had greater prevalence of complications and comorbidities, including microvascular and macrovascular complications, and acute glycaemic complications (impaired awareness of hypoglycaemia, severe hypoglycaemia, diabetic ketoacidosis and hyperosmolar hyperglycaemic state), than patients managed at Secondary/Primary centres. The only exceptions were cataract, sexual dysfunction, malignancy and mild liver disease, which were higher in patients attending Secondary/Primary centres. Patients attending Secondary/Primary centres were more likely to be screened for diabetes distress, depression and anxiety compared to patients attending CoE/Tertiary centres.

TABLE 39. DEMOGRAPHIC, MANAGEMENT AND CLINICAL OUTCOMES BY CENTRE TYPE

ITEM NO.	CLINICAL PARAMETERS	CENTRES OF EXCELLENCE & TERTIARY CARE	SECONDARY & PRIMARY CARE
	Number of sites (N)	26	23
	Number of patients (N)	1942	962
Demographics			
	Age (calculated; years), mean $\pm$ SD	57.0 $\pm$ 17.2	63.1 $\pm$ 15.4
1.2	Sex		
	Female, %	42.2	46.3
	Male, %	57.8	53.6
	Other, %	0.0	0.1
1.4	NDSS, %	92.9	93.0
1.5	Aboriginal/Torres Strait Islander, %	5.2	10.6
1.6	Initial visit, %	13.4	12.9
1.7	Interpreter required, %	2.2	1.0
1.8	Language spoken		
	English, %	88.6	94.1
	Other, %	11.4	5.9
1.9	DVA, %	1.0	2.1
1.10	Australian-born, %	68.7	78.4
Diabetes type and management			
2.2	Type of diabetes		
	T1DM, %	32.3	17.4
	T2DM, %	64.0	80.7
	Other (Secondary causes) %	3.5	1.8
	Don't know	0.1	0.2
	Unstated	0.2	0.0
	Duration of diabetes (calculated; years), median (IQR)	15.4 (7.5, 24.5)	13.7 (6.4, 22.5)
2.3	Blood glucose monitoring		
	None, %	8.0	19.3
	Finger pricking only, %	56.8	58.8
2.3.1	Check as often as recommended, %	61.7	66.7
2.3.2	Number of times per day, mean $\pm$ SD	2.2 $\pm$ 1.6	1.9 $\pm$ 1.4
	Finger prick and CGM, %	4.5	1.9
	CGM only, %	30.6	20.0
2.3.3	If using CGM, sensor worn for $\geq$ 14 days	93.5	89.9
	Sensor worn for $\geq$ 14 days and active $\geq$ 70% of time	80.6	79.3
Lifestyle risk factors			
	Body mass index (calculated; kg/m ²), mean $\pm$ SD	31.0 $\pm$ 7.5	31.8 $\pm$ 7.1

ITEM NO.	CLINICAL PARAMETERS	CENTRES OF EXCELLENCE & TERTIARY CARE	SECONDARY & PRIMARY CARE
Blood pressure			
4.1	Systolic blood pressure (mmHg), mean $\pm$ SD	133 $\pm$ 18	132 $\pm$ 18
	Diastolic blood pressure (mmHg), mean $\pm$ SD	77 $\pm$ 10	76 $\pm$ 12
4.1.1	Blood pressure self-reported, %	8.7	9.7
	Blood pressure measured in clinic, %	91.3	90.3
4.2	On anti-hypertensive treatment, %	58.7	66.4
4.2.1	ACE inhibitor, %	23.0	26.5
	ARB, %	23.5	28.3
	Calcium channel blocker, %	21.1	22.2
	Beta blocker, %	19.2	19.5
	Thiazides/Diuretics, %	11.8	12.4
	Other, %	5.4	5.0
	Systolic BP - on anti-hypertensive treatment (mmHg), mean $\pm$ SD	136 $\pm$ 19	134 $\pm$ 18
	Diastolic BP - on anti-hypertensive treatment (mmHg), mean $\pm$ SD	77 $\pm$ 10	76 $\pm$ 12
Blood glucose control and renal function			
5.1	HbA1c (%), mean $\pm$ SD	8.3 $\pm$ 1.8	7.9 $\pm$ 1.8
	HbA1c (mmol/mol), mean $\pm$ SD	67.5 $\pm$ 20.1	63.3 $\pm$ 20.0
	HbA1c (%), median (IQR)	8.0 (7.0, 9.2)	7.6 (6.6, 8.7)
	HbA1c (mmol/mol), median (IQR)	64.0 (53.0, 77.0)	60.0 (49.0, 72.0)
5.2	eGFR (mL/min per 1.73m ²), %		
	≥ 90	42.5	33.1
	60-89	31.9	42.6
	45-59	10.7	12.3
	30-44	7.6	8.1
	15-29	4.3	2.5
	<15	2.9	1.5
5.3	Serum creatinine (μ mol/L), mean $\pm$ SD	109.1 $\pm$ 112.2	95.8 $\pm$ 70.3
5.4	Normal to mildly increased albuminuria, %	57.3	62.2
	Moderately increased albuminuria, %	30.2	28.9
	Severely increased albuminuria, %	12.5	8.8
Medications and lipids			
6.1	Aspirin, %	25.6	27.2
6.2	Other antiplatelets, %	6.0	5.1
6.3	Anticoagulants, %	9.7	10.8
6.4	On lipid modifying therapy, %	61.9	69.5
6.4.1	Statin, %	58.2	65.2
6.4.2	Fibrate, %	8.3	8.1
6.4.3	Ezetimibe, %	8.9	15.4
6.4.4	Fish oil, %	2.4	2.4
6.4.5	PCSK9 inhibitor, %	0.5	0.8
6.5	Lipids, %	71.8	69.7
6.5.1	Total cholesterol (mmol/L), mean $\pm$ SD	4.3 $\pm$ 1.2	4.2 $\pm$ 1.2
6.5.2	LDL cholesterol (mmol/L), mean $\pm$ SD	2.2 $\pm$ 0.9	2.1 $\pm$ 1.0
6.5.3	HDL cholesterol (mmol/L), mean $\pm$ SD	1.2 $\pm$ 0.4	1.2 $\pm$ 0.4
	Non-HDL, (calculated; mmol/L), mean $\pm$ SD	3.0 $\pm$ 1.1	3.0 $\pm$ 1.2
6.5.4	Triglyceride, (mmol/L), median (IQR)	1.4 (1.0, 2.1)	1.6 (1.1, 2.1)
Diabetes related eye and foot complications (Ever reported)			
7.1	Retinopathy, %	24.6	15.4
7.2	Treatment for retinopathy, %	14.7	8.8
7.3	Right or left cataract, %	24.7	33.1
7.4	Blindness, %	2.5	2.6
7.5	Peripheral neuropathy, %	27.3	19.3
7.6	Foot ulceration, %	13.3	8.4
7.7	Lower limb amputation, %	5.9	3.9
	Minor, %	4.5	3.4
	Major, %	1.6	0.8

ITEM NO.	CLINICAL PARAMETERS	CENTRES OF EXCELLENCE & TERTIARY CARE	SECONDARY & PRIMARY CARE
Complications/events/comorbidities (Ever reported)			
8.1	Cerebral stroke, %	6.3	4.6
8.2	Myocardial infarction, %	11.1	12.3
8.3	CABG/angioplasty, %	12.2	14.4
8.4	Congestive cardiac failure, %	7.2	4.4
8.5	Peripheral vascular disease, %	9.9	7.4
8.6	End stage kidney disease, %	7.0	4.0
8.7	Sexual dysfunction, %	12.3	16.5
8.8	Dementia, %	2.1	1.6
8.9	Depression, %	22.0	27.8
8.10	Anxiety, %	20.2	21.9
8.11	Malignancy, %	9.5	10.9
8.12	Diabetic ketoacidosis, %	11.1	5.4
8.13	Hyperosmolar hyperglycaemic state, %	1.4	1.6
8.14	Impaired awareness of hypoglycaemia, %	5.9	5.6
8.15	Severe hypoglycaemia, %	9.1	6.3
8.16	Liver disease		
	Mild, %	10.9	12.2
	Moderate/severe, %	5.1	4.2
8.17	Hospitalisation for COVID-19, %	7.5	5.1
Mental health screening in the last 12 months			
9.1	Screened for diabetes distress, %	3.5	15.7
9.2	Screened for depression, %	4.4	14.3
9.3	Screened for anxiety, %	4.0	14.3



Table 40 outlines diabetes management methods by centre type and diabetes type. Among patients with T1DM, those from Secondary/Primary centres were more likely to be using metformin, SGLT2 inhibitors, GLP-1 agonists or GLP-1/GIP dual receptor agonists and Dipeptidyl Peptidase-4 (DPP4) inhibitors as adjuvant therapy compared to patients from CoE/Tertiary centres. Among patients with T2DM a marginally greater proportion from CoE/Tertiary centres were taking SGLT2 inhibitors and GLP-1 agonists or GLP-1/GIP dual receptor agonists than patients from Secondary/Primary centres; and a greater proportion of patients from CoE/Tertiary centres were treated with insulin.

TABLE 40. DIABETES MANAGEMENT METHODS BY CENTRE TYPE AND BY DIABETES TYPE

ITEM NO.	CLINICAL PARAMETERS	CENTRES OF EXCELLENCE & TERTIARY CARE		SECONDARY & PRIMARY CARE	
		T1DM	T2DM	T1DM	T2DM
2.4	Management method				
	Diet only, %	0.0	1.8	0.0	5.4
	Metformin, %	7.6	73.0	13.8	74.4
	SGLT2 inhibitor, %	1.6	43.6	3.6	39.0
	GLP1/GIP agonist, %	2.2	32.8	4.8	30.4
	DPP4 inhibitor, %	0.3	25.4	1.8	24.6
	Sulphonylurea, %	0.0	20.9	0.0	18.8
	Thiazolidinedione, %	0.0	0.3	0.0	0.6
	Acarbose, %	0.0	0.6	0.0	0.0
	Insulin, %	100.0	61.5	100.0	39.9
	Unstated, %	0.0	0.6	0.0	0.6
2.4.1	Years on insulin (only patients using insulin), median (IQR)	16.5 (7.0, 28.6)	5.9 (2.0, 12.0)	20.1 (10.0, 33.5)	7.0 (2.0, 14.0)
2.4.2	If on insulin, mode				
	Basal, %	5.6	30.0	6.6	29.4
	Basal bolus, %	65.3	27.1	52.1	26.8
	Pre-mixed insulin, %	3.8	45.4	11.4	48.1
	Pump, %	29.9	N/A	35.9	0.0
	CSII automated, Hybrid closed loop, %	23.1	N/A	26.9	0.0
	CSII automated, Other, %	2.1	N/A	3.0	0.0
	CSII non-automated, %	2.9	N/A	5.4	0.0

Table 41 outlines patient health and well-being outcomes. Patients managed at Secondary/Primary centres were more likely to be past smokers, but there was a comparable proportion of current smokers across centre types. Patients managed at Secondary/Primary centres were more likely to be vaccinated against COVID-19, influenza and pneumococcal, compared to patients managed at CoE/Tertiary centres.

Health professional attendances varied by centre type. As expected, patients from CoE/Tertiary centres were more likely to have consultations with an endocrinologist and/or diabetes educator/nurse practitioner, which reflects the more complex diabetes typically managed at these types of centres. Moreover, these patients were around two times more likely than patients from Secondary/Primary centres to have ambulance attendances and emergency department presentations.

In terms of self-management of diabetes, patients from CoE/Tertiary centres were more likely to undertake daily foot checks. Patients from CoE/Tertiary centres were more likely to self-report barriers to nutrition and diet management, with the cost of healthy food being the greatest barrier and more common in patients from CoE/Tertiary compared to patients from Secondary/Primary centres. Of those with T1DM, the proportion of patients that self-reported that it was too hard to count carbs/weigh food was comparable across centre types, with slightly more patients from CoE/Tertiary centres reporting difficulties. Patients from CoE/Tertiary centres were more likely to engage in moderate/vigorous physical activity and undertake muscle strengthening exercise compared to patients from Secondary/Primary centres.

TABLE 41. PATIENT REPORTED OUTCOMES BY CENTRE TYPE

ITEM NO. HEALTH AND WELL-BEING OUTCOMES		CENTRES OF EXCELLENCE & TERTIARY CARE	SECONDARY & PRIMARY CARE
Smoking & vaccination status			
1.1	Currently smoke tobacco, %	13.6	13.6
1.1.1	Previously smoked tobacco, %	33.6	38.9
1.2	COVID-19 vaccination - last 6 months, %	23.8	30.4
1.3	Flu (influenza) vaccination - last 12 months, %	59.9	69.7
1.4	Pneumococcal vaccination - up to date, %	20.4	27.8
Health professional attendances			
2.1	Endocrinologist, %	76.8	41.1
2.2	Diabetes Educator/Nurse Practitioner, %	67.7	64.9
2.3	Dietitian, %	38.5	28.5
2.4	Podiatrist, %	49.9	61.3
2.5	Ophthalmologist, %	37.6	33.0
2.6	Optometrist, %	72.9	75.6
2.7	Psychologist/Psychiatrist, %	15.6	13.7
2.8	Social Worker, %	9.0	5.7
2.9	Dentist, %	46.0	48.5
2.10	Exercise Physiologist/Physiotherapist, %	20.5	22.0
2.11	Ambulance, %	7.5	4.9
2.12	Emergency Department, %	12.7	6.7
Medication use			
3.1	Not taken medication as recommended in last 2 weeks, %	17.9	19.3
3.1.1	Number of times per week, mean $\pm$ SD	3.8 $\pm$ 4.7	4.0 $\pm$ 4.9
Foot care			
4.1	Feet checked by health professional	57.2	72.4
4.2	Frequency of self-foot check		
	Daily, %	40.9	39.5
	Weekly, %	23.2	21.8
	Monthly, %	12.0	8.8
	Rarely/Never, %	23.9	29.9
Nutrition and diet management			
5.1	(Adapted) Don't know what foods are best to eat, %	6.7	7.5
5.2	(Adapted) Insufficient time to prepare healthy meals, %	19.7	15.1
5.3	Too costly to eat well, %	45.2	37.2
5.4	(T1DM) Too hard to count carbs/weigh food, %	40.6	39.3
Physical activity			
6.1	Moderate/vigorous intensity physical activity, %		
	150 mins/week or more, %	35.6	36.0
	Less than 150 mins/week, %	30.1	31.7
	Rarely/never, %	34.3	32.3
6.2	Muscle strengthening exercise, %	42.3	41.2

FUTURE DEVELOPMENTS

In the second year of implementation, the ADCQR saw a twofold increase in the number of participating health services and patient registrants compared to the first year. Moving forward, the focus of the ADCQR will remain on expanding the reach and growing the cohort, with a continued emphasis on capturing a diverse mix of people with diabetes across the country.

The ADCQR is committed to:

1. Increasing site participation and experience, by:

- Supporting diabetes centres with the governance approval processes required for participation
- Hosting onboarding and training webinars, as well as creating short user-guide videos to support staff training at participating health services.

2. Enhancing ADCQR infrastructure, by:

- Deploying a user-friendly dashboard in 2025 to offer a more interactive experience and streamline data use for participating sites
- Establishing and refining a purpose-built database for optimised data management and analysis.

3. Enhancing ADCQR audit feedback and reporting, by:

- Introducing risk-adjusted outcome models (funnel plots) to site reports, allowing participating sites to compare their performance with peers and identify areas where practice change could lead to improved outcomes. The risk-adjusted outcome models introduced in 2024 reports are based on data from ANDA. These models will be revised using ADCQR data over the next 24-36 months, once patient numbers are sufficient
- Undertaking internal and external data linkage to monitor the trajectory of health care and outcomes at a patient level.



PRESENTATIONS

- Zomer E. Cardiovascular risk management in adults with diabetes - Findings from the Australian National Diabetes Audit. Australasian Diabetes Congress, Perth, Australia, 21-23 August 2024
- Zoungas S. Transitioning from an audit to a clinical quality registry: The journey from the Australian National Diabetes Audit (ANDA) to Australian Diabetes Clinical Quality Registry (ADCQR). Australasian Diabetes Congress, Adelaide Australia, 21-23 August 2023
- Nejati H. Enhancing the Reporting Pipeline for Clinical Quality Registries. Case Study: Australian Diabetes Clinical Quality Registry (ADCQR). Australian Clinical Trials Symposium 2024 Clinical Trials and Registries Symposium, 4 December 2024



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INFORMATION FOR DIABETES CENTRES AND HEALTH SERVICES ON HOW TO PARTICIPATE

HOW TO PARTICIPATE

If you are a diabetes centre health service providing diabetes care and would like to contribute to the ADCQR, please register your interest by contacting the ADCQR Secretariat on adcqr@monash.edu.

Your diabetes centre or health service must nominate a local Principal Investigator (PI). The PI is the ADCQR main point of contact and is responsible for site participation and compliance with ADCQR policies and procedures.

Inclusion in the ADCQR is voluntary, and there are no financial incentives for diabetes centres/health services, clinicians or their patients to participate. The site-specific reports are provided to participating centres/health services free of charge, to be able to monitor their own performance against other similar participating diabetes centres and national benchmarks.

Once you have registered your interest, the ADCQR Secretariat and team will provide information on how to proceed and support the submission of applications for local ethics and governance approvals. The ADCQR will also provide resources to assist and train all relevant staff prior to the data collection sampling period.

REQUIREMENTS FOR PARTICIPATION

To participate in the ADCQR, your diabetes centre or health service must be able to meet the following criteria:

1. Ability and commitment to enter all eligible patients into the database
2. Nomination of a PI to oversee and manage local data collection
3. Ability to establish and maintain internal systems for data accuracy and timely data entry
4. Willingness to comply with the project protocol and ethics requirements
5. Willingness to sign an ADCQR Collaborative/Data Sharing Agreement that outlines the mutual obligations and use of data

ADCQR COMMITTEES

ADCQR Scientific Advisory Committee Membership

MEMBER NAME	ROLE TITLE AND ORGANISATION	CONTRIBUTION
Professor Sophia Zoungas (Chair)	Head, School of Public Health and Preventive Medicine, Monash University and Clinical Endocrinologist, Alfred Health and Monash Health, Melbourne [VIC]	Registry Lead and Data Custodian
Associate Professor Sofianos Andikopoulos	Chief Executive Officer, Australian Diabetes Society [NSW]	National Peak Body Representative
Ms Taryn Black	Chief Strategy Officer, Diabetes Australia [QLD]	National Peak Body Representative
Associate Professor Wendy Davis	Epidemiologist and Applied Biostatistician, The University of Western Australia [WA]	Data/Science Expert
Professor Barbora de Courten OAM	Deputy Dean and Distinguished Professor of Medicine, School of Health & Biomedicine, RMIT University and Specialist Physician, Monash Health [VIC]	Clinical Representative
Dr Gary Deed	General Practitioner and Medical Director, Mediwell Medical Clinic [QLD]	Primary Health Sector Representative
Professor Jeff Flack	Conjoint Professor, School of Medicine, Western Sydney University and Senior Staff Specialist Endocrinologist and Head, Department of Diabetes & Endocrinology and Director, Diabetes Centre, Bankstown-Lidcombe Hospital [NSW]	Clinical Representative
Professor Jenny Gunton	Head, Centre for Diabetes, Obesity and Endocrinology Research and Head, Westmead Institute for Medical Research and Clinical Endocrinologist / Diabetologist, Westmead Hospital [NSW]	Clinical Representative
Mr Trevor Jones	Person living with Type 2 Diabetes [WA]	Consumer Representative
Dr Konrad Kangru	General Practitioner, Whitsunday Doctors Service [QLD]	Primary Health Sector Representative
Associate Professor Odette Pearson	Co-Lead Aboriginal Health Equity Theme, South Australian Health & Medical Research Institute [SA]	Aboriginal and Torres Strait Islander Representative and Data/Science Expert
Ms Megan Phelan	Policy Officer, Clinical Quality Registry Section, Health Modelling, Partnerships and Evaluation Branch, Health Economics and Research Division, Australian Government Department of Health and Aged Care [ACT]	Australian Government Department of Health and Aged Care Representative
Ms Sally Rayner	Policy Officer, Clinical Quality Registry Section, Health Modelling, Partnerships and Evaluation Branch, Health Economics and Research Division, Australian Government Department of Health and Aged Care [ACT]	Australian Government Department of Health and Aged Care Representative
Professor Jane Speight	Chair, Behavioural and Social Research in Diabetes and Foundation Director, The Australian Centre for Behavioural Research in Diabetes [VIC]	Data/Science Expert
Ms Natalie Wischer OAM	Chief Executive Officer, National Association of Diabetes Centres [VIC]	National Peak Body Representative

ADCQR Project Executive

NAME	ROLE
Professor Sophia Zoungas	Registry Lead
Ms Dimitra Giannopoulos	Project Manager
Professor Susannah Ahern	Technical Advisor
Professor Arul Earnest	Senior Biostatistician
Dr Ella Zomer	Research Lead
Dr Ahmad Reza Pourghaderi	Senior Data Scientist
Dr Hossein Nejati	Senior Data Manager/Analyst
Ms Trieu-Anh Truong	Data Manager
Ms Mahima Choudhary	Project Officer

A photograph of a man and a young girl playing with bubbles in a park. The man, wearing a dark striped shirt, is holding a bubble wand and blowing bubbles. The girl, wearing a yellow shirt and a dark skirt, is reaching up towards the bubbles with a joyful expression. The background is a lush green park with trees and grass. The image is split vertically: the left half has a blue overlay, and the right half has a warm, golden light overlay.

APPENDICES

ADCQR Data Collection Form

Annual Report 2024

ADCQR Data Collection Form - Page 2



Australian Diabetes Clinical Quality Registry ADCQR Clinical Data Collection Form

SITE STAFF FORM
Page 2 of 3

Patient ID

Site ID

Section 7. Diabetes Related Eye & Foot Complications

	Diagnosed in the last 12 months		Diagnosed previous to the last 12 months	
	Yes	No	Yes	No
7.1 Retinopathy	☐	☐	☐	☐
7.2 Treatment for retinopathy	☐	☐	☐	☐
7.3 Right or left cataract	☐	☐	☐	☐
7.4 Blindness	☐	☐	☐	☐
7.5 Peripheral neuropathy	☐	☐	☐	☐
7.6 Foot ulceration	☐	☐	☐	☐
7.7 Lower limb amputation	☐	☐	☐	☐
<i>if YES (Select all that apply) → 7.7.1</i>		☐ Minor ☐ Major		7.7.2 ☐ Minor ☐ Major

Section 8. Other Complications/Events/Comorbidities

	Diagnosed in the last 12 months		Diagnosed previous to the last 12 months	
	Yes	No	Yes	No
8.1 Cerebral stroke	☐	☐	☐	☐
8.2 Myocardial infarction	☐	☐	☐	☐
8.3 CABG/Angioplasty	☐	☐	☐	☐
8.4 Congestive cardiac failure	☐	☐	☐	☐
8.5 Peripheral vascular disease	☐	☐	☐	☐
8.6 End stage kidney disease	☐	☐	☐	☐
8.7 Sexual dysfunction	☐	☐	☐	☐
8.8 Dementia	☐	☐	☐	☐
8.9 Depression	☐	☐	☐	☐
8.10 Anxiety	☐	☐	☐	☐
8.11 Malignancy (exclude non-melanotic skin cancers)	☐	☐	☐	☐
8.12 Diabetic ketoacidosis	☐	☐	☐	☐
8.13 Hyperosmolar hyperglycaemic state	☐	☐	☐	☐
8.14 Impaired awareness of hypoglycaemia	☐	☐	☐	☐
8.15 Severe hypoglycaemia	☐	☐	☐	☐
<i>if YES → 8.15.1 No. of episodes</i> ☐ 1-2 ☐ 3-5 ☐ >5				
8.16 Liver disease	☐ Mild ☐ Moderate/Severe ☐ Not applicable			
			Last 12 months	
8.17 Has the patient tested positive to COVID-19?	☐ Yes ☐ No		Previous to the last 12 months	
<i>if YES → 8.17.1 Was the patient hospitalised?</i>			☐ Yes ☐ No	
			8.17.2 ☐ Yes ☐ No	

Section 9. Mental Health Screening (if not previously diagnosed)

9.1 Has the patient been screened for diabetes distress in the last 12 months using a validated measure? ☐ Yes ☐ No
(e.g. PAID, DDS)

9.2 Has the patient been screened for depression in the last 12 months using a validated measure? ☐ Yes ☐ No
(e.g. PHQ_9)

9.3 Has the patient been screened for anxiety in the last 12 months using a validated measure? ☐ Yes ☐ No
(e.g. GAD-7)

Please indicate whether the patient health and well-being questionnaire will be completed?

☐ **Yes** → Please complete the questionnaire on page 3.

☐ **No** → Thank you for completing the ADCQR data collection form.



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PATIENT HEALTH & WELL-BEING QUESTIONNAIRE
 Australian Diabetes Clinical Quality Registry

PATIENT FORM
 Page 3 of 3
Patient ID Site ID

(OFFICE USE ONLY - Site staff to complete Patient ID)

Please answer all questions by marking the appropriate box

Cross box like this: ☒
Section 1. Smoking & Vaccination Status

 1.1 Do you currently smoke tobacco? ☐ Yes ☐ No → 1.1.1 If NO, did you previously smoke tobacco? ☐ Yes ☐ No
 [i.e. cigarettes/cigars/e-cigarettes(vaping)]

 1.2 Have you had a COVID-19 vaccination in the last 6 months? ☐ Yes ☐ No

 1.3 Have you had a flu (influenza) vaccination in the last 12 months? ☐ Yes ☐ No

 1.4 Are you up to date with your pneumococcal vaccination? ☐ Yes ☐ No ☐ Unsure

Section 2. Health Professional Attendances

 2.1 Have you seen an Endocrinologist in the last 12 months? ☐ Yes ☐ No

 2.2 Have you seen a Diabetes Educator/Nurse Practitioner in the last 12 months? ☐ Yes ☐ No

 2.3 Have you seen a Dietitian in the last 12 months? ☐ Yes ☐ No

 2.4 Have you seen a Podiatrist in the last 12 months? ☐ Yes ☐ No

 2.5 Have you seen an Ophthalmologist in the last 12 months? ☐ Yes ☐ No

 2.6 Have you seen an Optometrist in the last 12 months? ☐ Yes ☐ No

 2.7 Have you seen a Psychologist/Psychiatrist in the last 12 months? ☐ Yes ☐ No

 2.8 Have you seen a Social Worker in the last 12 months? ☐ Yes ☐ No

 2.9 Have you seen a Dentist in the last 12 months? ☐ Yes ☐ No

 2.10 Have you seen an Exercise Physiologist/Physiotherapist in the last 12 months? ☐ Yes ☐ No

 2.11 Have you needed an Ambulance for your diabetes in the last 12 months? ☐ Yes ☐ No

 2.12 Have you attended the Emergency Department for your diabetes in the last 12 months? ☐ Yes ☐ No

Section 3. Medication Use

 3.1 Sometimes people do not take their medications as recommended. Has this happened to you in the last 2 weeks? ☐ Yes ☐ No

 3.1.1 → If YES, how many times?
Section 4. Foot Care

 4.1 Have you had your feet checked by a health professional in the last 12 months? ☐ Yes ☐ No

 4.2 How often do you self check your feet? ☐ Daily ☐ Weekly ☐ Monthly ☐ Rarely/Never

Section 5. Nutrition/Diet Management

 5.1 Do you know what foods are best to eat? ☐ Yes ☐ No

 5.2 Do you have enough time to prepare healthy meals? ☐ Yes ☐ No

 5.3 Does it cost too much to eat healthy meals? ☐ Yes ☐ No

 5.4 If you have type 1 diabetes - Do you find it hard to count carbs/weigh food? ☐ Yes ☐ No

Section 6. Physical Activity

 6.1 How many minutes per week of moderate or vigorous intensity physical activity do you usually do?
 (e.g. brisk walking, lawnmowing, swimming, or more vigorous activity such as jogging) ☐ 150 mins/week or more
☐ Less than 150 mins/week
☐ I rarely/never do moderate or vigorous physical activity

 6.2 Do you do any muscle strengthening exercise in a usual week?
 (e.g. lifting weights or household tasks that involve lifting, carrying or digging) ☐ Yes ☐ No

THANK YOU FOR COMPLETING THE QUESTIONNAIRE.
PLEASE RETURN TO STAFF.

APPENDIX 2

ADCQR Data Definitions

IDENTIFIERS

Patient ID	Compulsory field. Enter identifier such as record number or use the following nomenclature: site ID, the first 2 letters of the first name, and the first 2 letters of the surname (e.g. NNNFFSS) to enable you to check your records if there is a query from the ADCQR regarding the data.
Site ID	Unique site identifier (assigned by the ADCQR Secretariat).
Staff initials (optional)	Site staff initials.
Visit conduct	Record if the consultation was conducted in person, by video or by phone.
Participant information sheet given	Mark if the patient was provided with the participant information sheet.

SECTION 1. PATIENT DEMOGRAPHICS

Date of birth	Record the patient's date of birth as DD/MM/YYYY .
Sex	Mark Male or Female or Other to indicate the person's recorded sex at birth.
Currently pregnant	If sex is female, mark Yes or No to indicate if the patient is currently pregnant.
Date of visit	Record the date the patient attended as DD/MM/YYYY .
Initial visit	Mark Yes or No to indicate if this is an initial visit assessment at this site.
Aboriginal/Torres Strait Islander	Mark Yes or No to indicate Aboriginal/Torres Strait Islander background.
Main language spoken at home	Record the patient's main language spoken at home.
Interpreter required	Mark Yes or No to indicate if the patient requires an interpreter.
Residential postcode	Record the patient's residential postcode.
NDSS registrant	Mark Yes or No to indicate if the patient is registered on the National Diabetes Services Scheme (NDSS).
Country of birth	Record the patient's country of birth.
DVA	Mark Yes or No to indicate if the patient's medical care charges are met by the Department of Veterans' Affairs (DVA).

SECTION 2. DIABETES TYPE & MANAGEMENT

Date of diagnosis	Record first diagnostic blood glucose estimation as MM/YYYY . [If date unknown other than year, record as 01/YYYY].
Type of diabetes	Mark Type 1 or Type 2 or Other (secondary causes) or Don't know , to indicate the clinical classification of diabetes. Please note: Female patients with a diagnosis of gestational diabetes mellitus (GDM) (not known to have established diabetes, i.e. a diagnosis of diabetes prior to pregnancy) are excluded from the Registry and should not have data collected.
Self-monitoring of glucose	Mark how blood glucose levels are self-monitored by the patient. If multiple, tick all that apply within the last 12 months. None: No regular blood glucose monitoring is performed. Finger pricking: A blood sample is obtained via a finger-prick and is analysed using testing strips and a glucometer. Continuous Glucose Monitoring (CGM): Subcutaneous/interstitial glucose monitoring systems that automatically provide the user (and/or carer) with real-time glucose data via a receiver or compatible phone running an application. To indicate that a patient uses CGM, this system should have been used for at least 1 month over the last 12 months. Flash Glucose Monitoring: A factory calibrated subcutaneous/interstitial glucose monitoring system that currently requires the user (and/or carer) to scan the attached sensor with a reader or compatible phone running an application in order to view recent glucose data. To indicate that a patient uses Flash Glucose Monitoring, this system should have been used for at least 1 month over the last 12 months.
Finger pricking - Does the patient check their blood glucose level as often as recommended?	If monitoring glucose by finger pricking, mark if the patient checks their blood glucose as often as recommended (Yes/No/Unsure of recommended frequency).
Finger pricking - How many times a day?	If monitoring glucose by finger pricking, indicate the number of times the patient does finger pricking per day on average.
If using Flash/CGM, time using sensors	If monitoring glucose using Flash/CGM, mark Yes or No to indicate if the patient has worn a sensor for a minimum of 14 days in the last 3 months. If Yes, mark the percentage of time the sensor was active (<70% or ≥70%)

Management method	If multiple, tick all that apply. DPP4 – dipeptidyl peptidase IV, GIP – glucose-dependent insulinotropic polypeptide, GLP1 – glucagon-like peptide 1, SGLT2 – sodium-glucose cotransporter-2. See the Living Evidence Guidelines in Diabetes for treatment recommendations and information on each drug class. These guidelines can be found on the Australian Diabetes Society website, or with the direct links below: https://www.diabetessociety.com.au/living-evidence-guidelines-in-diabetes
Insulin duration	If the patient is on insulin, record the number of years/months the patient has been on insulin.
Insulin mode	If the patient is on insulin, mark the mode of administration(s). If multiple, tick all that apply. Basal: Intermediate-acting or long-acting insulin injection(s). Basal bolus: Insulin regime that utilises any type of basal insulin as well as any type of bolus insulin. Pre-mixed insulins are excluded from this category. Pre-mixed: Injection of any pre-mixed combination of intermediate or long-acting insulin with either short-acting or very short-acting insulin. Pump: Mode of insulin delivery being via continuous subcutaneous insulin infusion. If using a pump, mark the type of pump: CSII Automated or CSII Non-automated If using a CSII Automated pump, mark if it is a hybrid closed loop system: The simultaneous and integrated use of continuous glucose monitoring and an insulin pump with a control algorithm that may increase and decrease basal insulin delivery based on real-time interstitial glucose results.

SECTION 3. WEIGHT & HEIGHT

Weight	Record in kilograms the weight measurement without shoes or jacket. Weight may be measured in clinic or self-reported by the patient.
Height	Record in metres the height measurement without shoes. Height may be measured in clinic or self-reported by the patient.

SECTION 4. BLOOD PRESSURE

Blood pressure	Record systolic / diastolic (mmHg) measured after 5 minutes sitting, [1st and 5th phases]. Mark the option that describes where blood pressure was measured (In clinic/Self-reported)
Anti-hypertensive treatment	Mark Yes or No to indicate if the patient is on treatment for hypertension.
Anti-hypertensive medications	If Yes , select the anti-hypertensive medication(s) the patient is currently taking. ACE – angiotensin converting enzyme, ARB – angiotensin II receptor blocker. Thiazides also include thiazide-like diuretics. If on a combination tablet, tick all that apply.

SECTION 5. BLOOD GLUCOSE CONTROL & RENAL FUNCTION

HbA1c result	Record the most recent Haemoglobin A1c (HbA1c) result [%] in the last 12 months, or tick 'Not tested'. 'Not tested' refers to a test which has not been ordered by the patient's clinician/health practitioner in the last 12 months.
HbA1c test date	If HbA1c was measured, record the date as MM/YYYY for the most recent Haemoglobin A1c (HbA1c) result in the last 12 months.
eGFR	Record the result for the most recent eGFR [mL/min per 1.73m²] in the last 12 months, or tick 'Not tested'. If the result is reported as eGFR ≥ 90, record as 90. 'Not tested' refers to a test which has not been ordered by the patient's clinician/health practitioner in the last 12 months.
Serum creatinine	Record result measurement of serum creatinine [$\mu\text{mol/L}$] in the last 12 months, or tick 'Not tested'. 'Not tested' refers to a test which has not been ordered by the patient's clinician/health practitioner in the last 12 months.
Urinary albumin	Record amount of albumin [mg/L] or ratio. If the result is less than the lower limit of detection provided by the pathology service, please record the lower limit of detection. Example: If reported as <0.05 please record as 0.05. Tick 'Not tested' if a test has not been ordered by the patient's clinician/health practitioner in the last 12 months.
Urinary protein	Record amount of albumin [mg/L] or ratio. If the result is less than the lower limit of detection provided by the pathology service, please record the lower limit of detection. Example: If reported as <0.05 please record as 0.05. Tick 'Not tested' if a test has not been ordered by the patient's clinician/health practitioner in the last 12 months.

SECTION 6. MEDICATIONS AND LIPIDS

Aspirin	Mark Yes or No to indicate whether the patient is on aspirin. Indicate if contraindicated.
Other anti-platelets	Mark Yes or No to indicate whether the patient is on any other anti-platelet treatment (e.g. clopidogrel, ticagrelor or prasugrel). Indicate if contraindicated.
Anti-coagulants	Mark Yes or No to indicate whether the patient is on anti-coagulants (e.g. warfarin or non-vitamin K antagonist oral anticoagulants (NOAC)). Indicate if contraindicated.
Lipid modifying treatment	Mark Yes or No to indicate whether the patient is on lipid lowering treatment. If Yes, indicate whether they are on statin, fibrate, ezetimibe, fish oil, PCSK9 inhibitor. PCSK9 – proprotein convertase subtilisin/kexin type 9. Indicate if contraindicated. If on combination tablet, tick all that apply.
Lipids measured	Mark Yes or No to indicate if lipids have been measured in the last 12 months.
Total Cholesterol, LDL, HDL, Triglycerides	Record the most recent result(s) for total, LDL & HDL cholesterol and triglycerides [mmol/L] in the last 12 months or tick 'Not tested'. Recorded lipids can include fasting or non-fasting results. 'Not tested' refers to a test which has not been ordered by the patient's clinician/health practitioner.

SECTION 7. DIABETES RELATED EYE & FOOT COMPLICATIONS

Mark **Yes** or **No** to indicate diagnosis/detection of diabetes related eye and foot problems in the last 12 months **AND/OR** previously (prior to the last 12 months). Answer all questions.

Retinopathy	Mark Yes or No to indicate if the ophthalmological assessment revealed any diabetic retinopathy or maculopathy.
Treatment for retinopathy	Mark Yes or No to indicate if the patient has had any treatment for retinopathy. Includes any of the following: laser photocoagulation treatment, intravitreal VEGF inhibitor injection, or vitrectomy.
Right or left cataract	Mark Yes or No to indicate if the patient currently has a cataract or has had one removed.
Blindness	Mark Yes or No to indicate if the patient became legally blind (visual acuity <6/60) in either eye.
Peripheral neuropathy	Mark Yes or No to indicate clinical judgement following assessment using pin prick and vibration (using a Biothesiometer or tuning fork) or Monofilament. Includes the presence of both painful and non-painful neuropathy. Also includes the presence of Charcot foot.
Foot ulceration	Mark Yes or No to indicate past history of foot ulceration.
Lower limb amputation	Mark Yes or No to indicate lower limb amputation. Amputation of toe, forefoot or leg [above or below knee], not due to trauma or causes other than vascular disease.
Minor/Major Lower Limb Amputation	If the patient has had an amputation in either lower limb, indicate if minor and/or major. Minor = Amputation of the toe(s) or foot (below the ankle) Major = Amputation above the ankle.

SECTION 8. OTHER COMPLICATIONS/EVENTS/COMORBIDITIES

Mark **Yes** or **No** to indicate diagnosis/detection or event in the last 12 months **AND/OR** previously (prior to the last 12 months). Answer all questions.

Cerebral stroke	Mark Yes or No to indicate if the patient has had a diagnosis of ischaemic stroke (Does not include transient ischaemic attack or haemorrhagic stroke).
Myocardial infarction	Mark Yes or No to indicate if the patient has had a myocardial infarction evidenced by ECG changes, plasma enzyme changes or medical documentation.
CABG/Angioplasty	Mark Yes or No to indicate if the patient has had Coronary Artery Bypass Graft (CABG) surgery, coronary angioplasty or stent.
Congestive cardiac failure	Mark Yes or No to indicate if the patient has symptomatic congestive cardiac failure with response to specific therapy.
Peripheral vascular disease	Mark Yes or No to indicate if the patient has peripheral vascular disease. Yes: Absence of both dorsalis pedis and posterior tibial pulses in either foot and/or symptoms of peripheral vascular disease (e.g. intermittent claudication, rest pain, tissue loss/gangrene) and/or Ankle-Brachial Pressure Index <0.9 and/or confirmatory arterial ultrasound or angiography and/or previous revascularisation procedure (incl. angioplasty, stent insertion or surgical bypass).
End stage kidney disease	Mark Yes or No to indicate if the patient has any of the following: stage 5 chronic kidney disease (eGFR <15mL/min/1.73m ²) and/or dialysis-dependent (haemodialysis or peritoneal dialysis) and/or renal transplant recipient.
Sexual dysfunction	Mark Yes or No to indicate if the patient has/had experienced any of the following: If male: History or treatment of failure to achieve or maintain erection sufficient for satisfactory sexual intercourse. If female: History of persistent and recurrent problems with sexual response, desire, orgasm or pain that cause distress or relationship strain associated with diabetes.
Dementia	Mark Yes or No to indicate if the patient has had a formal diagnosis of dementia from a clinician or prescribed dementia-specific pharmacotherapy.
Depression	Mark Yes or No to indicate if the patient has had a formal diagnosis of depression from a clinician or prescribed pharmacotherapy for depression.
Anxiety	Mark Yes or No to indicate if the patient has had a formal diagnosis of anxiety from a clinician or prescribed pharmacotherapy for anxiety.
Malignancy	Mark Yes or No to indicate if the patient has had any type of malignancy. Exclude non-melanoma skin cancers.

Diabetic Ketoacidosis (DKA)	Mark Yes or No to indicate if the patient has had any hospital admission involving diabetic ketoacidosis as evidenced by blood results (glucose, ketones, pH) or medical documentation.
Hyperosmolar Hyperglycaemic State (HHS)	Mark Yes or No to indicate if the patient has had any hospital admission involving hyperosmolar hyperglycaemic state as evidenced by blood results (glucose, osmolality) or medical documentation.
Impaired awareness of hypoglycaemia	Mark Yes or No to indicate if the patient has had any of the following: Mark Yes or No to indicate if the patient has had any of the following: - Reduced ability to perceive the onset of hypoglycaemia. Includes: - Reduced symptoms of hypoglycaemia - Lower recognition of those symptoms, e.g. through diminished severity of symptoms or because those symptoms are occurring at a lower glucose level than previously - Change in symptom type, whereby the patient does not 'recognise' the new symptom as being related to hypoglycaemia onset
Severe hypoglycaemia	Mark Yes or No to indicate severe hypoglycaemia requiring assistance of another person to actively administer carbohydrates, glucagon, or other corrective actions.
Number of episodes	If Yes to 'Severe hypoglycaemia', mark the number of episodes (1-2, 3-5 or >5).
Liver disease	Indicate severity of liver disease or if not applicable. Mild: cirrhosis without portal hypertension, chronic hepatitis. Moderate to severe: cirrhosis with portal hypertension.
COVID-19 positive	Mark Yes or No to indicate if the patient has tested positive to COVID-19 confirmed by a positive Rapid Antigen Test (RAT) or Polymerase Chain Reaction (PCR) test in the last 12 months AND/OR previously (prior to the last 12 months).
COVID-19 hospitalisation	If Yes to 'COVID-19', mark Yes or No to indicate if the patient was admitted to hospital. Any hospital admission, including to a general medical ward or intensive care unit (ICU).

SECTION 9. MENTAL HEALTH SCREENING

Diabetes distress	Mark Yes or No to indicate if the patient has been screened for diabetes distress using a validated questionnaire/measure in the last 12 months. Example: Problem Areas In Diabetes questionnaire (PAID) screening tool, Diabetes Distress Scale (DDS).
Depression	Mark Yes or No to indicate if the patient has been screened for depression using a validated questionnaire/measure in the last 12 months. Example: Patient Health Questionnaire (PHQ-9) screening tool. This only applies to patients who have NOT had a formal diagnosis of depression from a clinician or prescribed pharmacotherapy for depression in the last 12 months.
Anxiety	Mark Yes or No to indicate if the patient has been screened for anxiety using a validated questionnaire/measure in the last 12 months. Example: Generalized Anxiety Disorder scale (GAD- 7) screening tool. This only applies to patients who have NOT had a formal diagnosis of anxiety from a clinician or prescribed pharmacotherapy for anxiety in the last 12 months.

PATIENT HEALTH & WELL-BEING QUESTIONNAIRE

SECTION 1. SMOKING & VACCINATION STATUS

Currently smoke tobacco	Mark if the patient currently smokes any tobacco material (Yes/No). [i.e. cigarettes/cigars/e-cigarettes(vaping)]
Previously smoked tobacco	If No to 'Currently smoke tobacco', mark if the patient previously smoked any tobacco material (Yes/No).
COVID-19 vaccination	Mark if the patient had a COVID-19 vaccination in the last 6 months (Yes/No).
Flu/Influenza vaccination	Mark if the patient had a flu (influenza) vaccination in the last 12 months (Yes/No).
Pneumococcal vaccination	Mark if the patient is up-to-date with their pneumococcal vaccination (Yes/No/Unsure).

SECTION 2. HEALTH PROFESSIONAL ATTENDANCES

Endocrinologist	Mark if the patient attended an Endocrinologist in the last 12 months (Yes/No).
Diabetes Educator/Nurse Practitioner	Mark if the patient attended a Diabetes Educator/Nurse Practitioner in the last 12 months (Yes/No).
Dietitian	Mark if the patient attended a Dietician in the last 12 months (Yes/No).
Podiatrist	Mark if the patient attended a Podiatrist in the last 12 months (Yes/No).
Ophthalmologist	Mark if the patient attended an Ophthalmologist in the last 12 months (Yes/No).
Optometrist	Mark if the patient attended an Optometrist in the last 12 months (Yes/No).
Psychologist/Psychiatrist	Mark if the patient attended a Psychologist/Psychiatrist in the last 12 months (Yes/No).
Social Worker	Mark if the patient attended a Social Worker in the last 12 months (Yes/No).
Dentist	Mark if the patient attended a Dentist in the last 12 months (Yes/No).
Exercise Physiologist/Physiotherapist	Mark if the patient attended an Exercise Physiologist/Physiotherapist in the last 12 months (Yes/No).
Ambulance	Mark if the patient needed an Ambulance for their diabetes in the last 12 months (Yes/No).
Emergency Department	Mark if the patient attended an Emergency Department for their diabetes in the last 12 months (Yes/No).

SECTION 3. MEDICATION USE

Medication use practices	Mark if the patient has not taken their medications as recommended in the last 2 weeks (Yes/No). If Yes , indicate the number of times.
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SECTION 4. FOOT CARE

Feet Checked	Mark if the patient has had their feet checked by a professional (e.g. doctor, nurse, podiatrist) in the last 12 months (Yes/No).
Self-check of feet	Mark the option that best describes how often the patient self-checks their feet (Daily, Weekly, Monthly, Rarely/never).

SECTION 5. NUTRITION/DIET MANAGEMENT

Do you know what foods are best to eat?	Mark if the patient has enough knowledge about what foods and how much are best to eat (Yes/No).
Do you have enough time to prepare healthy meals?	Mark if the patient has enough time to prepare healthy meals (Yes/No).
Does it cost too much to eat healthy meals?	Mark if the patient feels it costs too much to eat healthy meals (Yes/No).
If you have Type 1 diabetes, do you find it hard to count carbs/ weigh food?	If the patient has type 1 diabetes, mark if the patient finds it hard to count carbs and/or weigh food (Yes/No).

SECTION 6. PHYSICAL ACTIVITY

Physical activity	Mark the usual weekly duration of time (150 mins/week or more, less than 150 mins/week, or rarely/never) spent performing moderate or vigorous intensity physical activity. Physical activity is calculated in 'total minutes per week' by summing the total minutes of walking, moderate and/or vigorous physical activity in a usual 7-day period. Vigorous physical activity is weighted by a factor of two to account for its greater intensity. Intensity of physical activity is defined by The National Physical Activity Guidelines for Australians: Moderate physical activity causes a slight but noticeable increase in breathing and heart rate, the person can comfortably talk but not sing. Vigorous physical activity causes the person to 'huff and puff,' talking in full sentences between breaths is difficult.
Muscle strengthening exercise	Mark whether the patient does any muscle strengthening exercise in a usual week. (Yes/No). Muscle strengthening activities are physical activities that maintain or improve the strength, power, endurance and size of skeletal muscles. This can be physical activity with free weights, body weight or resistance machines/bands, or house/garden activities that involve muscular effort, such as, lifting, carrying or digging.

APPENDIX 3

ADCQR 2024 Participating Sites

NAME
Albury Wodonga Aboriginal Health Service
Albury Wodonga Health
Alfred Health
Austin Health
Ballarat Base Hospital
Bankstown-Lidcombe Hospital
Bentley Health Service
Brisbane South Complex Diabetes Service
Cairns Diabetes Centre
Canberra Hospital
Community and Oral Health Chronic Disease Diabetes Logan
Dhelkaya Health (formerly CHIRP Community Health)
Diabetes Clinic - Armadale Health Service
Eastern Health - Box Hill
Endocrinology East (Prof Bernie Tuch)
Gold Coast University Hospital
Goulburn Valley Health
GP Plus Noarlunga Diabetes Service
Dr Harry Grunstein
Ipswich Diabetes Service
Kyabram District Health Service
Liverpool Diabetes and Endocrine Service
Logan Endocrine and Diabetes Services (LEADS)
Monash Health - Clayton
Monash Health - Dandenong
Moorditj Djena, East Metropolitan Health Service
Murrumbidgee Local Health District
NCN Health Cobram
NCN Health Numurkah
North Canberra Hospital
North West Diabetes Centre / North West Regional Hospital
Northeast Health Wangaratta
Northern Health, Broadmeadows Hospital
PDC Health Hub
Primary Care Connect
Princess Alexandra Hospital
Prof. Tim Davis
Redgum Medical Group (previously known as Corowa Medical Centre)
Redland Hospital
Royal Melbourne Hospital
Royal North Shore Hospital - Diabetes Centre
Royal Perth Hospital
St Vincent's Hospital Diabetes Centre Sydney
St Vincent's Public Hospital Melbourne
The Diabetic GP Clinic
Toowoomba Hospital
Townsville Endocrine and Diabetes Centre (Townsville University Hospital)
Western Health
Whitsunday Doctors Service - Proserpine

