

Clinical indicator

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

Why is this important?

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

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

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

What is the gap locally?⁵

Currently across the Pinnacle network 64 per cent of patients with diabetes and a high risk of heart disease are on lipid modifying therapy.

District	Māori	Non-Māori
Lakes	60%	61%
Tairāwhiti	62%	68%
Taranaki	71%	68%
Waikato	60%	62%

What are we measuring?⁶

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

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

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

³BPAC (2021) Prescribing statins to reduce cardiovascular risk Available from: bpac.org.nz/2021/statins.aspx

⁴ NZ Formulary Statins in pregnancy

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

⁶ Data dictionary clinical indicators

Source: Diabetes Clinical Dashboard.

Numerator: Patients with diabetes with a high risk of heart disease on lipid modifying therapy.

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

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

Definition of a high risk of heart disease: Patients who have a recorded diagnosis of renal disease, myocardial infarction, or stroke; or whose most recent LDL result is > 1.4 mmol/ml; or whose most recent CVD risk assessment result in the past five years is a risk of greater than 15 per cent.

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