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QUALITY OF METABOLIC CONTROL IN PATIENTS WITH TYPE 2 DIABETES MELLITUS IN AN ACADEMIC HOSPITAL IN PARAGUAY (SOUTH AMERICA)

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Objectives: To determine the percentage of patients with adequate metabolic control according to international guidelines and the pharmacological prescription pattern used in patients from ambulatory consult in Paraguay. **Methods:** Observational cross-sectional study by reviewing records of adult outpatients with at least two consultations per year, between January of 2013 and December of 2015. The criteria of ALAD 2013 and ADA 2016 are assumed as appropriate control. **Results:** The files of 96 patients with mean age 56±11 years were evaluated, mean time of diagnosis of 6±3 years, 79% women, 70% work in household chores. Among these patients 60% used oral antidiabetics, 39% insulin (31% human and 8% analogous). Metformin alone or combined was used in 82%, 26% received Glimpiride combined with other antidiabetics and 17% DPP4-i combined with other antidiabetics. They had good metabolic control in terms of Hba1c 59,4%, total cholesterol 67,7%, triglycerides 65,6%, blood pressure 58,3% and weight loss 42,7% of the patients. Only 6,3% fulfilled all the control goals. Statins were prescribed in 60,4% and aspirin in 26,6% of patients, although it should be prescribed in 100% and 73,9% respectively according to guidelines. **Conclusion:** In this population of patients who mostly used metformin, sulfonylureas and human insulins the metabolic control was acceptable in comparison with the literature. The use of lipid-lowering agents and aspirin was below that recommended by the guidelines reviewed in this paper.



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