

CONTROLLING DIABETES AND METABOLIC SYNDROME PARAMETERS: THE EXPERIENCE OF A PRIMARY CARE CLINIC WITH A MULTIDISCIPLINARY STAFF

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A multidisciplinary approach needs for controlling diabetes and treating metabolic syndrome parameters for preventing diabetes microvascular and macrovascular complication. In this study we present our experience in a primary care clinic with a multidisciplinary staff that includes a general practitioner, a diabetes nurse, a nutritionist, a social worker, and a pharmacist; in comparison to the traditional general practitioner practice, in controlling diabetes and metabolic syndrome parameters. Our data include information on diabetic patients during the years 2013-2016 under a multidisciplinary staff follow-up, that compared with the patient's data during the years 2006-2007 under a follow-up by a primary care physician alone, with no supporting staff. Computerized management of patient records allows the staff to continuously track the patients' conditions, follow-up tests, medication purchases, and treatment results. All the information from the treatment progress records on diabetes patients belonging to that clinic is electronically fed to the treating physician, who holds periodic meetings with the clinic's staff, mostly concerning patients who fail to meet the recommended treatment goals. Our data demonstrates distinct advantages of the multidisciplinary approach. Multidisciplinary teamwork at the primary care, community clinic provides substantial benefits to the process of controlling diabetes and metabolic diseases and ensuring better tracking of the patient's condition and adherence to treatment.