Clinical Audit of Diabetes Care
in PHCC of Abha

SHAMSAN PHCC.

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CLINICAL AUDIT:
By definition it is the systematic critical analysis of the quality of health care, including:

- Procedures used for diagnosis, treatment and care.
- Use of resources and the resulting outcome and quality of life for patients.
- Embrace the work of all healthcare professionals.

AIM OF DIABETES CARE AUDIT:
- To ensure the quality and system of diabetes care provided.

OBJECTIVES OF DIABETES CARE AUDIT:
- Ensure full data are available, written and completed in patients' files appropriately.
- Ensure of proper management given to diabetic patients in PHCC.
- Overlook the control and compliance of diabetic patients in PHCC.
- Obtain risk factors for diabetic patients and establish proper ways to avoid/control them.

METHODS OF DATA COLLECTION:
- Audit documentation via a checklist provided by supervisor of this audit, Prof. Shamsun Nahar.
- Data were collected from randomly selected files in Shamasan PHCC, Chronic Diseases Clinic (Diabetic Patients).

FINDINGS & RESULTS:
- 3 diabetic male patients with ages range from 50-63 vary with their education, high school in majority. Governmental employees except one retired, registered around 10 years with the illness.
- Process indicators lack relevant complete history and measurements of Ht./Wt./BMI and feet examination. They reflect good laboratory investigations and referral to hospitals.
- Outcome showed majority with poor outcome and wide-range visits to PHCC. Although patients have undergone annual checkups but they were irregular as they were in 2-4 times out of 10 years period.

CONCLUSION:
- As there were lack of some crucial data and physical examination for majority of patients, files should be either renewed or re-checked.
- Further contact to patients to perform regular visits is important exclusively because of wide-spaced visits, which lead to poor control of majority of patients.
- Although majority are with good education, but in poor control of their glucose levels which was not reassuring.
- Obtaining and avoiding risk factors especially in those who are obese; is crucial, as patients should be guided into diet management to avoid further complication of the disease.
- Annual checkups should be encouraged to those patients to pick up early complications as possible and to improve their lifestyle as soon as possible.