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Current glycaemic targets are difficult to achieve in insulin treated patients attending a hospital clinic

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**Background:** Guidelines for patients with diabetes suggest target HbA1c levels £6.5–7.5%, BP < 135/85 mm/Hg in Type 1 diabetes, BP < 140/80 mm/Hg in Type 2 diabetes and total cholesterol < 5 mmol/l.

**Methods:** We present data collected at annual review visits of patients attending hospital over 6 months period in 2 consecutive years. Patients have predominantly Type 1 diabetes or Type 2 diabetes treated with insulin.

**Results:** There were 1494 annual review visits between March and August 2004 and 1542 annual review visits between March and August 2005. Comparing 2005 with 2004, 16% vs. 17% achieved HbA1c < 7%, 31% vs. 28% achieved HbA1c 7.1–8%, 29% vs. 28% achieved HbA1c 8.1–9% and 24% vs. 27% had an HbA1c above 9.1%. Comparing 2005 with 2004, 33% vs. 38% had a systolic BP > 140 mm/Hg, 13% vs. 20% had a diastolic BP > 80 mm/Hg and 21% vs. 29% had a cholesterol > 5 mmol/l. Comparing 2004 with 2005, 40% vs. 35% had a BMI > 30 and 13% vs. 14% were smokers.

**Conclusions:** Our results suggest some success in approaching targets for BP and cholesterol but little progress in achieving glycaemic targets in insulin-treated patients with Type 1 Type 2 diabetes.