

Abstract:

The Adult Ambulatory Quality Improvement Project: Improving Compliance of American Diabetes Association Diabetic Goals aimed to assess the number of patients that were meeting American Diabetes Association Diabetic Goals to determine total number of goals met and apply methods to improve number of goals being met by patients at an ambulatory primary care clinic. Using the PDSA (Plan, Do, Study, Act) guidelines, we conducted a quality improvement project over 6 months in order to determine which diabetic goals were not being met and needed to be addressed. At follow-up visits, patients were encouraged to exercise regularly for 30 minutes per day, 3-5 days per week, as well as complete their yearly diabetic eye and foot exam. Handouts and posters outlining the importance of diabetes care to prevent ophthalmic, renal, and microvascular complications were provided to patients and posted to the walls of patient rooms. Of 21 diabetic patients, patients were meeting 5.7 out of the 9 diabetic goals measured. Over 50% of the patients were meeting each of the 9 measured goals. The goals that the highest number of patients were meeting were LDL goal <130 and non-smoking status at 95.2% and 85.7% respectively. The goal that the lowest number of patients were meeting was exercising, with only 52.3% of patients reporting exercising 3-5 times weekly. It is evident that physical activity is the ADA goal that needs the most attention at this clinic, as exercising 3-5 times weekly for at least 30 minutes would likely lead to weight loss, lower A1C values, improved blood pressure control, and improved lipid levels.