

RCPA releases new 'care sets' for diabetes monitoring

The Royal College of Pathologists of Australasia (RCPA) has today released a new position statement, detailing its guidelines for a defined list of pathology tests that are required to monitor diabetes effectively. The RCPA recommends an annual monitoring care set for adult stable diabetes which includes tests for the following: Creatinine, cholesterol, triglycerides; HDL cholesterol; Microalbumin; and HbA1c. Diabetes prevention programs such as this, aims to assist in limiting the number of potentially preventable hospitalisations for chronic conditions linked to diabetes. By defining guidelines for the healthcare profession to monitor adult stable diabetes, the RCPA hopes to improve patient care and lead to better controls and lower complication rates.

Dr Michael Harrison, President of the RCPA, said that the new statement provides clarification regarding the recommended pathology tests which form part of the new 'Care sets,' which is a list of tests recommended to be used in defined clinical scenarios.

"The increasing diagnosis of diabetes is a global phenomenon marked by known high rates of morbidity and mortality. According to Diabetes Australia, 1.7 million Australians already have a diagnosis of diabetes, with a further half a million having undiagnosed diabetes and two million with pre-diabetes. Pathology plays a vital role in monitoring glycaemic control in diabetes and assists clinicians in treating the disease and preventing complications. Despite this, there is considerable variation in the requesting practices of those caring for these patients. Studies show that many patients are under monitored leading to poor glycaemic control and the development of complications leading to increased morbidity and mortality. The number of preventable hospitalisations related to mismanagement of diabetes, in Australia currently, accounts for approximately 14% of total number of these cases," said Dr Harrison.

The number of Australians living with diabetes is forecast to rise to 3.5 million in 2033, resulting in the annual cost of diabetes to also rise to almost \$6 billion per year. Through better diabetes control a 1% reduction in HbA1c in all diabetics will lead to a reduction in these diabetic complications over five years of: end stage kidney disease by 40%; lower limb amputation by 21%; advanced eye disease by 43%; and heart attack by 16%.

"Non-compliance with annual and three or six monthly testing is very common. It has previously been estimated that non-compliance with current recommendations for the monitoring of Diabetes Mellitus occurs 25% to 50% of the time. Under monitoring leads to poorer control and higher complication rates. Compliance with the RCPA's guidelines are designed to improve patient care and healthcare spending of \$2,600-\$5,300 per person per year," continued Dr Harrison.

The RCPA's new diabetes position statement was today released at an International Pathology Day 2016 event in Surry Hills, Sydney attended by members of the College, medical professionals and guest speakers including journalist, Sandra Sully and Greater Western Sydney Giants player, Sam Reid.

For more information, visit our website www.rcpa.edu.au to see the full position statement. Alternatively, for general pathology updates, visit the RCPA on Twitter - @PathologyRCPA - and [Facebook](#) #ValueOfPathology #RCPA #pathology #IPD2016

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About the Royal College of Pathologists of Australasia:

The RCPA is the leading organisation representing pathologists in Australasia. Its mission is to train and support pathologists and to improve the use of pathology testing to achieve better healthcare.

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