

# The Value of Pathology

The 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.

## Diabetes information:

- 1.7 million Australians living with diabetes is forecasted to rise to 3.5 million in 2033.
- Annual cost of diabetes is \$4-6 billion per year.
- Diabetes complications account for 14% of potentially preventable hospitalisations for chronic conditions.

## What the RCPA's recommendations could lead to:

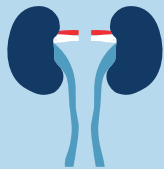
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A simple 1% **reduction** in HbA1c, the pathology test used to monitor diabetes will lead to a **reduction** in healthcare costs and of cumulative incidences over five years of:

heart attack by 16%;



end stage kidney disease by 40%;



amputation by 21%;



advanced eye disease by 43%;

Diabetes prevention programs can:

- Improve patient care and deliver benefits of \$2,600-\$5,300 per person per year.
- Limit the number of preventable hospitalisations related to mismanagement of diabetes.

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