

Assessment of Appropriate Statin Use in Diabetic Patients at East Orange VA

Amrita Chawla¹, Mohamed Meybodi¹, Timothy Choi¹, Jeremy Law²

¹Department of Medicine, Rutgers New Jersey Medical School; ²East Orange Veteran Affairs Medical Center

Background: Diabetes mellitus remains an important risk factor for vascular events. Cardiovascular disease remains the leading cause of death worldwide. High intensity statin therapy is recommended by the American Diabetes Association for diabetics with ASCVD, or those with an estimated 10 year ASCVD risk >20%. For diabetic patients without ASCVD and a 10 year risk <20%, moderate intensity statin is recommended for those ≥40 years old, or those <40 years old with an ASCVD risk factor. Our objective is to assess compliance with ADA guidelines for statin therapy in diabetic patients over the last three years.

Methods: Retrospective chart review was conducted for 150 randomized patients ≥19 years-old with DM in primary care clinics at East Orange VA. Age, ASCVD risk factors, use of statin therapy, and intensity of statin therapy were reviewed for adherence to ADA guidelines. The proportion of patients who were not on appropriate statin therapy was calculated.

Results: 150 patients were included in our study. Most of the patients were male (91.9%). The mean age of the patients was 67.14±15.29. Our results indicated that 42 (28%) of 150 patients who should have been on statin per ADA guidelines were not receiving statin therapy. Of the 108 patients that were receiving statin therapy, 15 patients (13.8%) were not on the correct intensity. Patient denial (3 cases) and muscle pain (3 cases) were the most common reason for not receiving appropriate intensity of statin. Statin was discontinued due to transaminitis in only one patient.

Conclusion: There are a significant portion of patients not on appropriate statin therapy based on ADA guidelines in primary care clinics in East Orange VA. These findings will allow for development of methods on quality improvement to aid in adherence of providers to current guidelines in use of statin therapy in patients with DM.