Implementation of an Inpatient Diabetes Team: Impact on Hypoglycemia Recurrence

Martha Bertin  
*Homestead Hospital, MarthaDa@baptisthealth.net*

Elva Diaz  
*Homestead Hospital, ElvaD@baptisthealth.net*

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Hypoglycemia among inpatients with diabetes (DM) can lead to complications, transfers to higher levels of care, increased length of stay, and mortality (Draznin et al., 2014; Tisminetsky et al., 2014).

A substantial portion of hypoglycemic events are not followed by proper adjustments to medications or carbohydrate intake, leaving inpatients who experience hypoglycemia at high risk for recurrence (Cook et al., 2007; Maynard, Huynh, & Renvall, 2008). Some hospitals have instituted specialty teams to help manage patients with DM.

Methods

- Design: Descriptive comparative.
- Sampling: Purposive sample of inpatients with DM who experienced at least 1-episode of hypoglycemia (blood glucose <70 mg/dl).
- Data Collection: Retrospective. Medical records of patients hospitalized during a 1-month period in 2015 prior to the implementation of the DM-specialty team, and those of patients seen by the DM-specialty team during a 1-month period in 2017, were extracted.
- Analysis: Data from 2015 was compared to 2017 on age and risk for mortality using a validated comorbidity index (Charlson Comorbidity Index). The rate of hypoglycemia recurrence (recorded episodes >15 minutes apart) was calculated.

Results

- In 2015, 89 patients experienced hypoglycemia, in 2017 there were 71.
- The average age in 2015 was 65.5 years (sd = 13.9), in 2017 it was 63.4 years (sd=15.3). The groups did not differ significantly on age (t(142)= .862, p=.390).
- Patients in 2017 had significantly higher comorbidity index scores (M= 7.5) compared to 2015 (M= 5.6), (t(120.217)= -2.820, p=.006).