

# The Impact of Patient and Provider Education on Statin Therapy Initiation and Adherence in Type II Diabetics

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## Purpose

The purpose of this DNP project is to determine if shared-decision making and additional 6 month follow-up of newly diagnosed type 2 diabetics has an effect on the initiation of statin therapy.

## Background

- 1.4 million people are diagnosed with type 2 diabetes each year (Ray et al., 2020).
- Diabetes affects every major body system and increases the risk of coronary artery disease *fourfold* (Colhoun et al., 2004).
- Direct healthcare costs of treating diabetes and its complications comes to *\$176 billion* (Ray et al., 2020) which makes controlling diabetes complications is more important than ever!
- The ADA recommends statin therapy for all diabetic patients age 40 to 75 years of age (Wexler, 2024).

## Methods

**This was a retrospective chart review study.**

- Data received from The University of Tennessee Family Medicine Clinic
- Patients met these criteria:
  - Newly diagnosed diabetic patients
  - 40 years or older
  - Eligible for statin therapy
  - New diagnosis of type 2 Diabetes
  - At least one follow-up appointment within December 2021 to December 2023
- Data Collected:
  - Sex
  - Age
  - Baseline hemoglobin A1C level
  - Referral date
  - Was statin therapy was initiated within 6 months of their diabetes diagnosis?

## Implications for Practice

- Routine patient follow-up in a timely manner improves patient outcomes and promotes care that meets current up-to-date standards. 100% of patients at the UT Family Medicine clinic who were recently diagnosed with T2DM were followed-up within 6 months, and all were started on statin therapy as recommended.
- Following current ADA guidelines is possible with newly diagnosed T2DM patients and can be done with great success on the provider's end if they are aware of current diabetes recommendations.

## Results

- N = 29 patients (8 male, 21 female)
- Mean age: 52.8 years
  - Female: 54.9 years
  - Male: 47.5 years
- Mean baseline A1C: 9.16%
- 100% of patients had statin therapy initiated within 6 months of their diagnosis.
- The results are promising that this clinic was following current guidelines and recommendations for patients.

Figure 2  
Baseline A1C

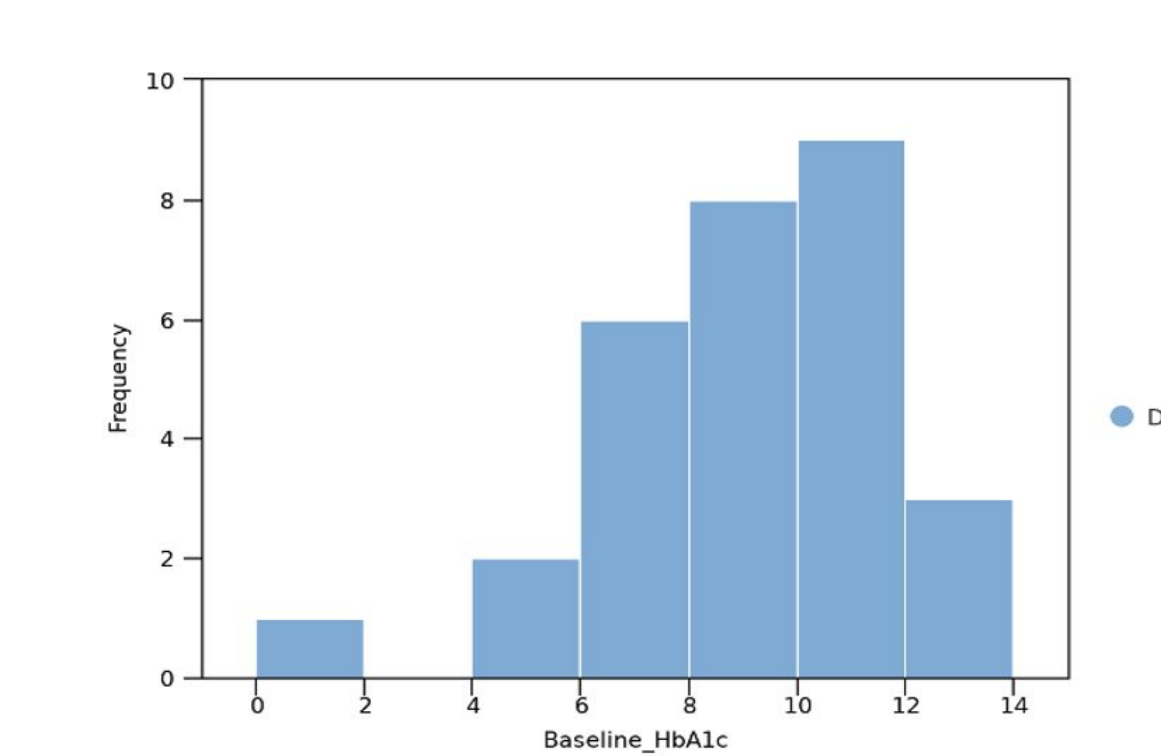
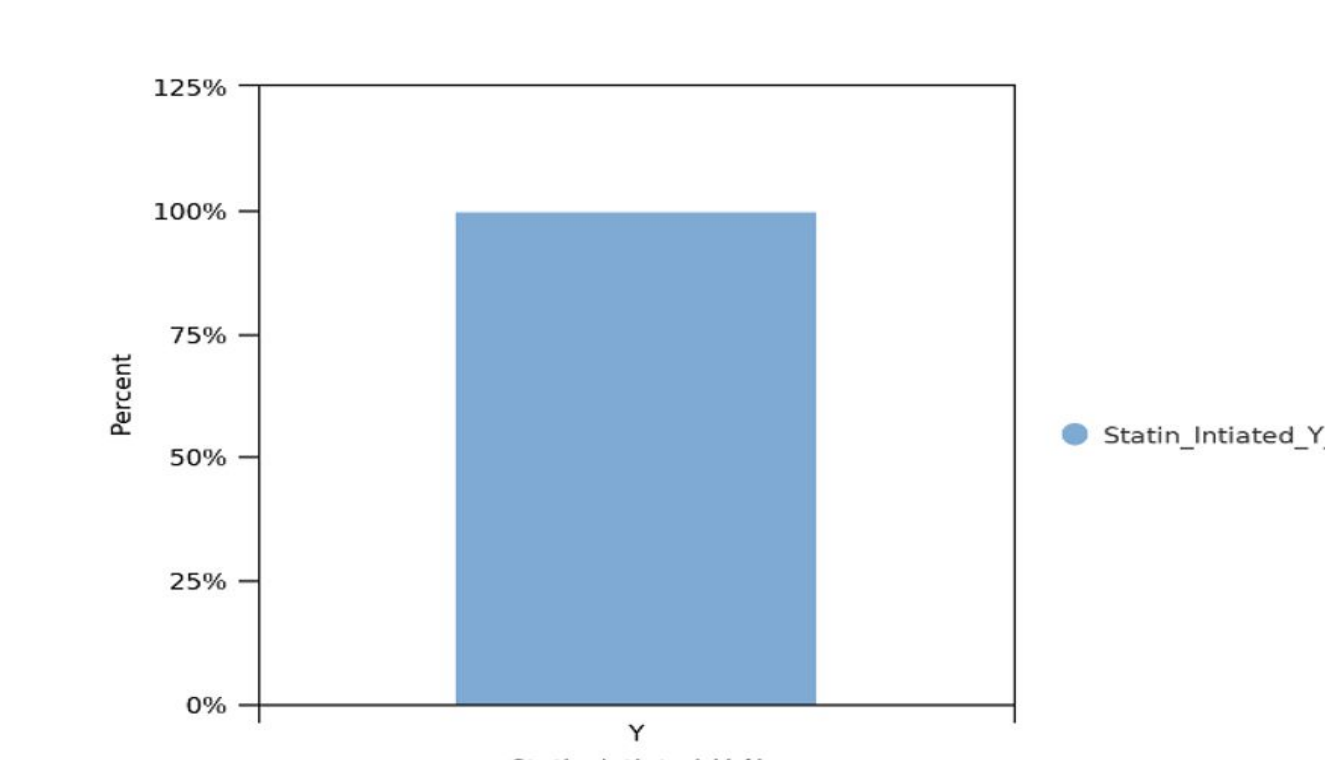


Figure 3  
Statin Initiated Yes/No



## References

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- Ray, S., Lokken, J., Whyte, C., Baumann, A., & Oldani, M. (2020). The impact of a pharmacist-driven, collaborative practice on diabetes management in an urban underserved population: a mixed method assessment. *Journal of Interprofessional Care*, 34(1), 27–35. <https://doi-org.ezproxy.uthsc.edu/10.1080/13561820.2019.1633289>
- Wexler, D. J. (2024, February 8). *Overview of general medical care in nonpregnant adults with diabetes mellitus*. UpToDate. Retrieved February 25, 2024, from <https://www.uptodate.com/contents/overview-of-general-medical-care-in-non-pregnant-adults-with-diabetes-mellitus>