

AN AUDIT OF INSULIN PUMP THERAPY IN TWO LARGE DIABETES CENTRES IN THE UNITED ARAB EMIRATES (UAE)

Lessan N, Hassan S, Taimah M, Barakat M T

Introduction

There are few published data on use and outcomes of insulin pump therapy (IPT) in the UAE. We have conducted an audit of IPT in two large Diabetes Centres Abu Dhabi and Al Ain.

Method

Electronic patients records were accessed to retrieve relevant information on patients with type 1 diabetes including those currently on IPT.

Results

149 patients were on IPT (94 from patients in ICLDC Abu Dhabi and 55 from patients in ICLDC Al Ain, age 21.2 ± 13.4 years, 42.3 % male and 57.7 % female, HbA1c 8.5 ± 1.7 %). No significant difference was seen in HbA1c between patients followed up in the two centres (8.6 ± 1.8 % vs 8.5 ± 1.6 % respectively, $P = 0.7$). Among IPT patients, glycaemic control was worse ($p < 0.001$) among paediatric patients ($n = 78$, age 11.8 ± 3.6 years, HbA1c 9.1 ± 1.6 %) compared to adult patients ($n = 71$, age 31.5 ± 12.7 years, HbA1c 7.9 ± 1.7 %). Corresponding figures for paediatric and adult patients with type 1 diabetes and NOT on IPT were 9.6 ± 2.2 % (age 11.3 ± 4.5 years) and 8.7 ± 2.1 % (age 32.2 ± 10.7 years) respectively. HbA1c was above 8.0 % in 55.7% of patients on IPT.

Conclusion

Amongst Emirati patients, IPT therapy does not appear to achieve better glycaemic targets compared to standard insulin therapy. Better patient education and an improved clinic set-up with trained diabetes educators is needed to help improve outcomes among these patients.