

Enhancing Lipid Management in Diabetes: An Approach Utilizing Peer Accountability

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Background:

As a structure of our program, 63 residents are divided into five cohorts to follow the 4+1 format.

Each team has been tasked with improving lipid management in its continuity patient panel as a part of a year-long resident-led initiative.

Our team, the Blue Cohort, decided to focus on lipid management in patients with diabetes and pre-diabetes according to Standards of Care in Diabetes-2023.

After identifying that 61% of our patient population met the lipid control targets outlined in the ADA 2023 guideline, we decided to develop a strategy to further improve this rate.

Methods:

We identified patients with Diabetes and reviewed dyslipidemia management. We decided to adopt the "sticky note" feature (EHR) and a peer accountability (-Audit Buddy) program. Residents paired as audit buddies work together to keep each other accountable for Chart review for existing patients whom we serve as PCP.

The next step involves enhancing lipid management by making personalized sticky notes, adjusting medication, ordering follow-up lipid panels.

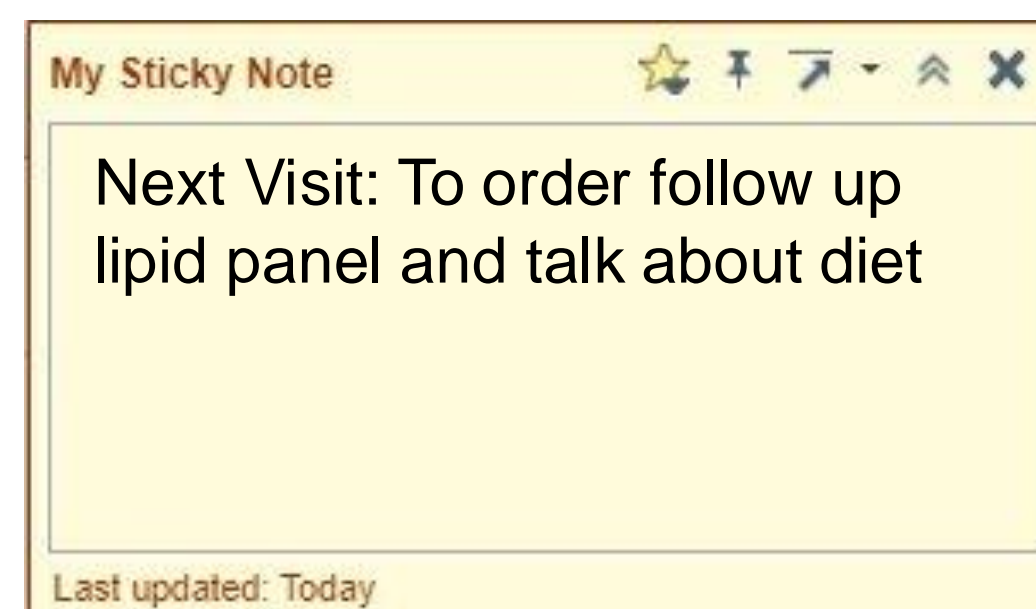


Figure 1: EMR Sticky Notes

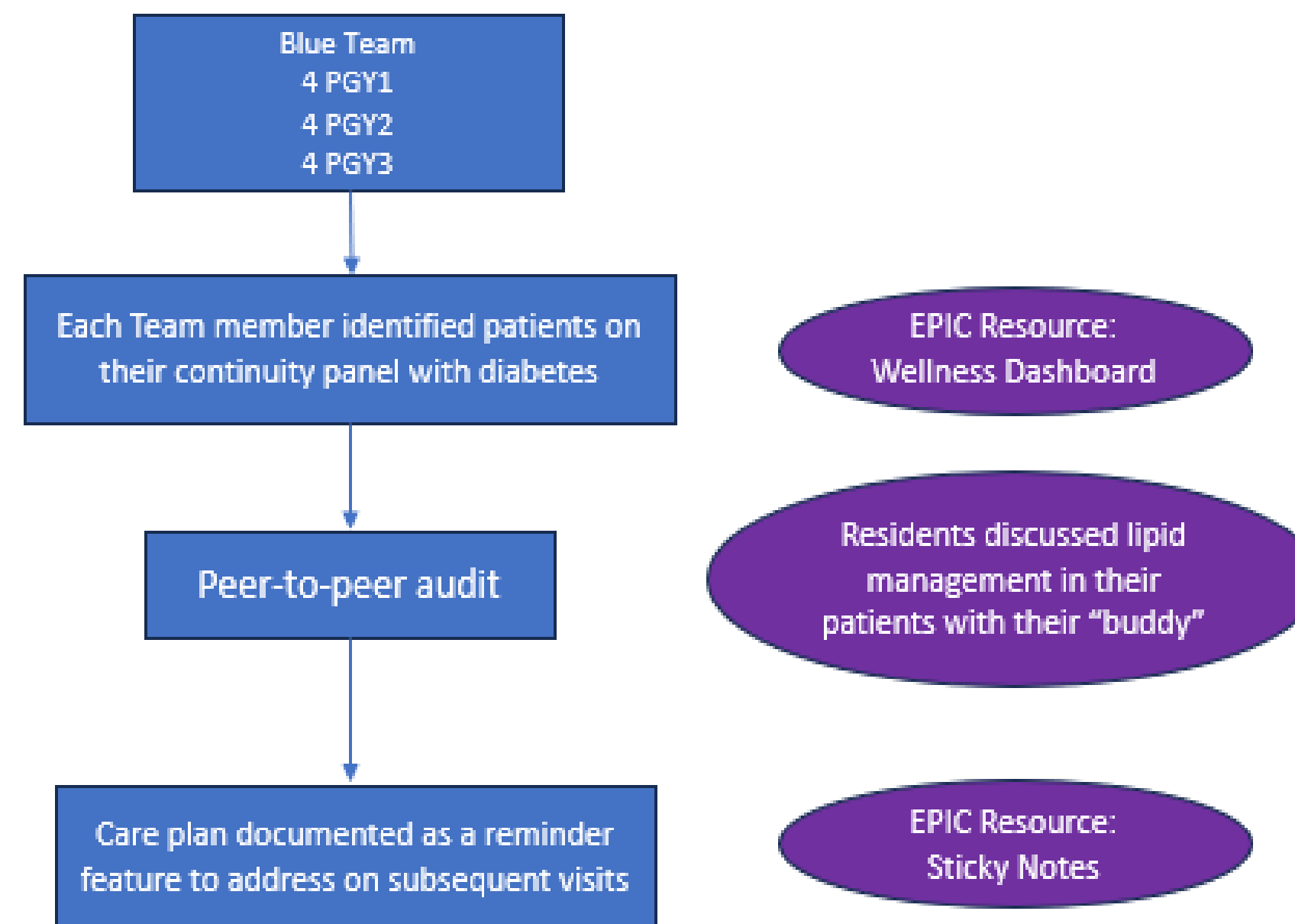


Figure 2: Intervention

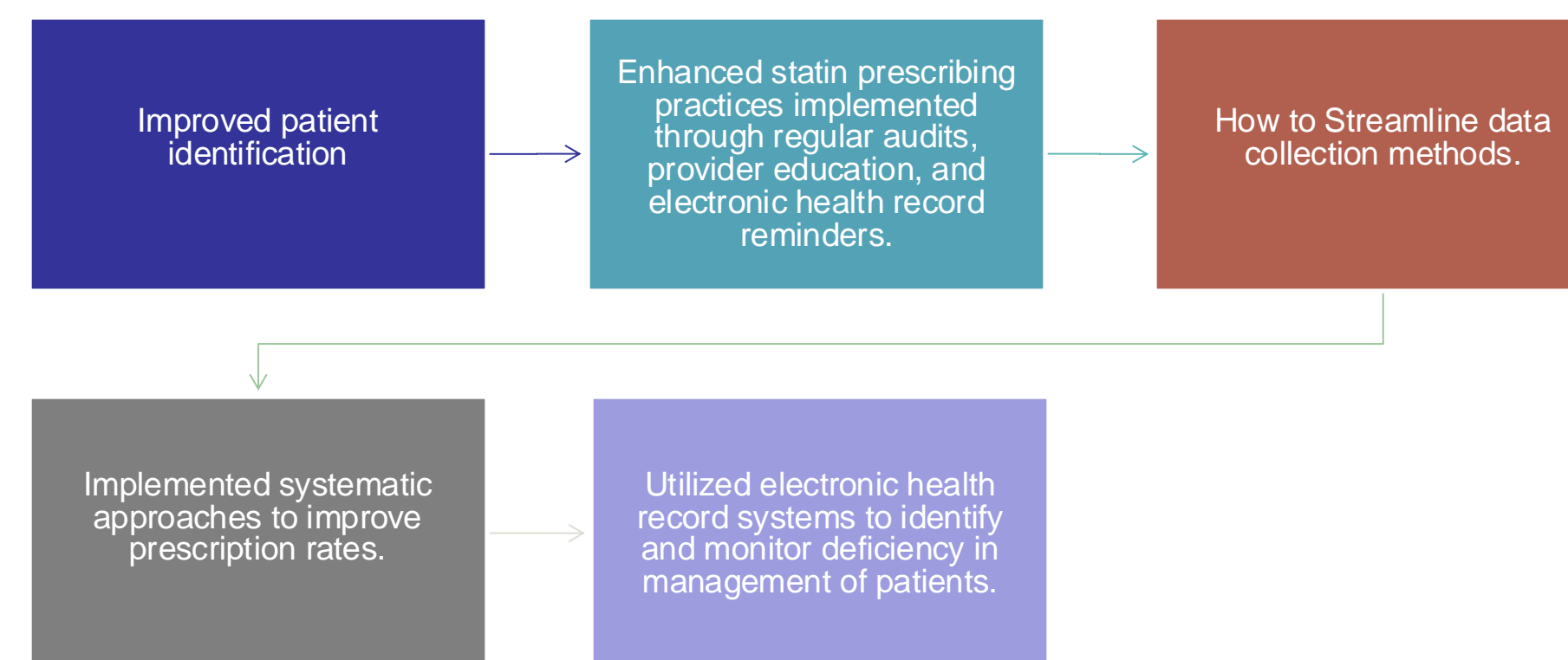


Figure 3: What did we learn from this QI project

Results:

89 patient charts were reviewed during the blue teams' ambulatory week in November 2023. Sixty-two (70%) patients were female and 27 were male. Twenty-six patients (29%) had diabetes. Out of 26, 22 patients were on a statin and 4 (15%) were not. Thirteen patients (50%) had an LDL more than 70 and were not at goal. Out of 26 patients, 6 patients (23%) had not any lipid panel in last year.

Discussion:

Peer-to-peer audit is an established method for enhancing patient care. We combined it with the EHR sticky note feature to demonstrate a synergistic approach to lipid management adherence. Buddy audits were felt to be more engaging compared to attending faculty audits by our team. These simple strategies can easily be implemented in other practices as well. We will be doing another review of data in our last ambulatory week to assess whether we have improved the number of patients at goal LDL. Some residents were new to the QI process and used this as an opportunity to learn from their peers and faculty.