



TITLE: Type II Diabetes Mellitus risk screening opportunities in primary care

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ABSTRACT

Worldwide, 537 million adults live with Diabetes Mellitus (DM) (IDF 2021), which is responsible for 6.7 million deaths and caused at least \$966 billion in health care costs. In Portugal, around 2 million people have a high risk of developing DM (PREVADIAB). **Objectives:** To identify the risk of developing type 2 DM in 10 years, using the Finnish Diabetes Risk Score (FINDRISC) according to Health Indicator 262 of Direção Geral da Saúde (DGS) in Portugal. **Methods:** Dimension studied: technical-scientific quality. Target population: non-diabetic and non-pregnant population, over 18 years of age included in the medical file of an Unidade de Saúde Familiar (USF). Data source: MIM@UF®, SCLinic® Type of evaluation: internal, retrospective and prospective. Evaluation method: Analysis of the Health Indicator 262: proportion of users with type 2 DM risk determination recorded in the last 3 years. Type of intervention: adherence/educational. Data processing: Microsoft Excel 2022®. **Results:** In the first evaluation, 1158 users of a medical file were analyzed, 44% (514 users) were male and 56% (644 users) were female. The FINDRISC was fulfilled in 41.9% (486 users), finding the following levels of risk of developing diabetes: low risk 17%, mild risk 44%, moderate risk 21%, high risk 17% and very high risk 1%. These data were analyzed by the medical team. After 6 months, a reassessment of the medical file was carried out: 1172 users were analyzed, the FINDRISC score was fulfilled in 62.3% (731 users). These data reflect an increase from 41.9% to 62.3% in compliance with ID.262. for 10-year type2 DM risk assessment. **Discussion:** The medical team is

responsible for ensuring the stratification of the individual risk of developing DM in the future and the knowledge of the criteria for applying FINDRISC in Primary Health Care, in order to develop effective preventive strategies.

BIOGRAPHY

Gabriela Villagomez completed the Masters in Medicine in 2013 and is currently completing the Family Medicine Residency in Portugal and postgraduate degree in Pediatric Nutrition. She has published several studies on prevention in primary health care. She participated in the Frente Rotaria AntiDiabetes (FRAD) Project to assess the risk of type 2 Diabetes Mellitus, a community intervention project and some other projects on community health and public health in Portugal.



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