

CLAHRC BITE

A summary of a piece of NIHR CLAHRC East Midlands research | Brokering Innovation Through Evidence

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**Glucose screening and interventions
can improve ACS outcomes**

Who needs to know?

Coronary Care Teams.

What have we found?

- Undiagnosed glucose intolerance is prevalent in people admitted with ACS and can lead to worse outcomes.
- Screening using HbA1c can identify those people.
- Blood glucose management and lifestyle interventions can improve outcomes.

**“Healthier living
for longer”**

Findings and implications

Glucose intolerance is common but frequently remains undiagnosed and untreated in people with Acute Coronary Syndrome (ACS).

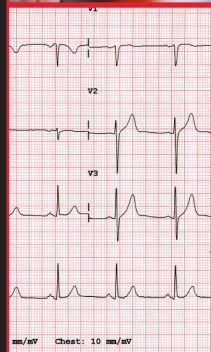
Newly diagnosed glucose intolerance is an independent predictor of poor outcomes post ACS.

While strategies of early detection and intensive management of type 2 diabetes and impaired glucose regulation post ACS have potential to improve outcomes, a lack of a simple and practical screening approach suitable in an acute coronary care practice is a significant barrier.

A screening approach based on HbA1c as a preferred test seems pragmatic following admission with ACS and would improve early diagnosis and subsequent care of people at risk of glucose intolerance¹.

The Evidence

1. A simple strategy for screening for glucose intolerance, using glycated haemoglobin, in individuals admitted with acute coronary syndrome. *Diabetic Medicine*. 2012 Jul;29(7):838-43.



What is CLAHRC?

The National Institute for Health Research Collaboration for Leadership in Applied Health Research and Care (NIHR CLAHRC) East Midlands is a partnership between university, NHS, industry, third sector and public partners across the region.

We are one of 13 English CLAHRCs funded by the NIHR. Our mission is to undertake high quality applied research into mental health, chronic disease, care of older people and stroke survivors and the implementation of evidence to improve services and patient care across the region, and achieve "Healthier living for longer".

This is a summary of a piece of CLAHRC research. The BITE (Brokering Innovation Through Evidence) series is designed to make research more available to clinicians and patients.

Our website

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