

Reshaping Diabetes Care:

A Regionally Focused Quality Improvement Initiative to Optimize Care of Patients With Obesity and Type 2 Diabetes

QI Data Collection Instructions

1. Make sure you have finalized your aim statement. Your aim statement should include both of the following weight and glycemic components:
 - **Percentage of adult patients with an A1C >9.0%**
 - **Percentage of adult patients with BMI >25 kg/m² with documentation of a follow-up plan**

Example aim statement: "By December 31, 2024, Clinic XYZ will decrease the % of patients with T2D with an A1C >9.0% from 35% to 25%. For patients with T2D and obesity, we will increase the % with referrals to nutrition from 10% to 20%."

2. Finalize your outcome, process, and balancing measures to determine how you will measure the intervention. A list of possible measures is below, or you can create your own. Please note: The first 2 measures are required.
 - **Percentage of adult patients with an A1C >9.0%**
 - **Percentage of adult patients with BMI >25 kg/m² with documentation of weight follow-up plan (for patients with comorbid T2D)**
 - Percentage of patients who had an A1C documented in the past 6 months
 - Percentage of patients who have received counseling on lifestyle management (eg, nutrition, physical activity, behavioral therapy)
 - Percentage of patients with referral for diabetes education
 - Percentage of patients diagnosed with obesity
 - Percentage of patients with prescribed T2D medications with weight loss benefits
 - Percentage of patients with prescribed medications for weight loss
3. Determine how you plan to collect the data (eg, running a report from your EMR vs manual chart review), how much data you plan to collect (eg, a specific number of randomly selected patients or all patients in your clinic), and how you plan to determine if a change was successful (numerator and denominator).
4. Determine how you plan to record your results (eg, report generated by EMR, spreadsheet, etc). Remember to avoid collecting patient identifiers if possible and that patient data that are not deidentified must remain secured.
5. Calculate your rate of change for each measure, expressed as an increase or decrease.

Example: We increased the rate of patients who were referred for diabetes education from 20% to 35%, which is an increase of 75%.

$$\begin{aligned} & \frac{(V_2 - V_1)}{|V_1|} \times 100 \\ &= \frac{(35 - 20)}{|20|} \times 100 \\ &= \frac{15}{20} \times 100 \\ &= 0.75 \times 100 \\ &= 75\% \text{ change} \end{aligned}$$