

# NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

## Indicators for NICE QOF menu

**Indicator area:** Diabetes

**Indicator:** NM142

**Indicator to be replaced:** Not applicable

**Date:** October 2018

### **Indicator NM142:**

The percentage of patients with type 1 diabetes who are aged over 40 years currently treated with a statin.

### **Introduction**

Cardiovascular risk is elevated in people with type 1 diabetes and NICE guidance recommends that statin therapy be considered for primary prevention of CVD. NICE guidance does not recommend the use of CVD risk estimation tools in patients with type 1 diabetes.

Statin therapy helps to lower the level of low-density lipoprotein (LDL) cholesterol in the blood and is associated with a reduction in myocardial infarction (MI), coronary heart disease and stroke.

### **Rationale**

This indicator aims to reduce cardiovascular risk and prevent future cardiovascular events.

### **Source guidance and recommendations**

Cardiovascular disease: risk assessment and reduction, including lipid modification (2014) NICE guideline CG181.

*Recommendation 1.3.24: Offer statin treatment for the primary prevention of CVD to adults with type 1 diabetes who:*

- *are older than 40 years or*
- *have had diabetes for more than 10 years or*
- *have established nephropathy or*
- *have other CVD risk factors.*

## **References**

- Cardiovascular disease: risk assessment and reduction, including lipid modification (2014) NICE guideline CG181.