Indicator development programme

NICE indicator guidance

**Diabetes: T1DM and statins**

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# Indicator NM142

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

## Indicator type

General practice indicator suitable for use in the Quality and Outcomes Framework.

## Rationale

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

## Source guidance

[NICE’s guideline for cardiovascular disease: risk assessment and reduction, including lipid modification](https://www.nice.org.uk/guidance/cg181) (2014, updated 2023) recommendation 1.4.21

## Specification

Numerator: The number of patients in the denominator currently treated with a statin.

Denominator: The number of patients with type 1 diabetes who are aged over 40 years.

Calculation: Numerator divided by the denominator, multiplied by 100.

Exclusions: None

Personalised care adjustments or exception reporting should be considered to account for situations where the patient declines, does not attend or if treatment with a statin is not appropriate.

Expected population size:

The indicator would be appropriate to assess performance at individual general practice level.

## Further information

This is NICE indicator guidance, which is part of the [NICE menu of indicators](https://www.nice.org.uk/Standards-and-Indicators/index). This document does not represent formal NICE guidance.

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