NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

# NICE indicator guidance

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## Indicator NM157

The percentage of patients with diabetes without moderate or severe frailty, on the register, in whom the last IFCC-HbA1c is 58 mmol/mol or less in the preceding 12 months.

## Indicator type

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

## Rationale

Applying universal HbA1c target levels to all people with diabetes regardless of co-morbidities may inadvertently lead to both under-treatment and over-treatment (see [Overtreatment and undertreatment: time to challenge our thinkingKearney et al. 2017](https://bjgp.org/content/67/663/442)). People with diabetes and less complex care needs may be undertreated, whilst people with more complex care needs may be at risk of overtreatment. In addition, intensive glucose lowering treatment may be dangerous for older people with type 2 diabetes (see [Type 2 diabetes mellitus in older people: a brief statement of key principles of modern day management including the assessment of frailty. A national collaborative stakeholder initiative. Strain et al. 2018](https://www.ncbi.nlm.nih.gov/pubmed/29633351)). This indicator allows for an individualized management approach that adjusts care according to an individual’s frailty status. It aims to enable patients with little comorbidity to benefit from tighter glycaemic control whilst aiming to encourage the personalisation of care for people with moderate or severe frailty.

## Source guidance

[Type 1 diabetes in adults: diagnosis and management. NICE guideline NG17](https://www.nice.org.uk/guidance/ng17) (2015, updated 2021), recommendations 1.6.6 and 1.6.7.

[Type 2 diabetes in adults: management. NICE guideline NG28](https://www.nice.org.uk/guidance/ng28) (2015, updated 2020), recommendations 1.6.7 to 1.6.9.

## Specification

Numerator: The number of patients in the denominator with an HbA1c 58 mmol/mol or less (in the preceding 12 months).

Denominator: The number of patients with diabetes without moderate or severe frailty.

Calculation: (Numerator/denominator)\*100

Exclusions: Patients with moderate or severe frailty. Patients who had measurement of serum fructosamine instead of HbA1c in previous 12 months. Patients on maximum tolerated diabetes treatment in the previous 12 months.

Minimum population: 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.