Indicators for NICE QOF menu

Indicator area: Diabetes
Indicator: NM162
Indicator to be replaced: Not applicable
Date: October 2018

Indicator NM162:

The percentage of patients with diabetes aged 40 years and over, with no history of CVD and without moderate or severe frailty, who are currently treated with a statin (excluding patients with type 2 diabetes and a CVD risk score of <10% recorded in the preceding 3 years).

Introduction

Cardiovascular risk is elevated in people with type 1 and type 2 diabetes. NICE guidelines recommend that statin therapy be considered for primary prevention of CVD for both groups.

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.

Management of diabetes regardless of co-morbidities may inadvertently lead to both under-treatment and overtreatment (Kearney et al. 2017). People with diabetes and less complex care needs may be undertreated, whilst people with more complex care needs may be at risk of overtreatment.
A focus on primary prevention of CVD in people with diabetes without moderate or severe frailty aims to reduce under-treatment and support better control of biomedical targets through individualised, patient-centred care.

**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.

*Recommendation 1.3.26: Offer atorvastatin 20 mg for the primary prevention of CVD to people with type 2 diabetes who have a 10% or greater 10-year risk of developing CVD. Estimate the level of risk using the QRISK2 assessment tool.*

Cardiovascular risk assessment and lipid modification (2015) NICE quality standard QS100

*Statement 5: Adults choosing statin therapy for the primary prevention of cardiovascular disease (CVD) are offered atorvastatin 20 mg.*

**References**

- Cardiovascular disease: risk assessment and reduction, including lipid modification (2014) NICE guideline CG181.
• Cardiovascular risk assessment and lipid modification (2015) NICE quality standard QS100.