Symposium 1: EBM
Diabetes Care
Prevention

Jonathan Ross, MD
Karen Odato, CNM, MSN, MSLIS
Cindy Stewart, MLS
The History of Medicine

2000 B.C. - Here, eat this root.
1000 A.D. - That root is heathen. Here, say this prayer.
1850 A.D. - That prayer is superstition. Here, drink this potion.
1940 A.D. - That potion is snake oil. Here, swallow this pill.
1985 A.D. - That pill is ineffective. Here, take this antibiotic.
2000 A.D. - That antibiotic doesn’t work anymore. Here, eat this root.

From the Cochrane Collaboration Consumer Network Newsletter
(September, 1999, page 10)
EBM: What Is It?

“..integrating individual clinical expertise with the best external clinical evidence from systematic research.”

“conscientious, explicit and judicious use of current best evidence in making decisions about the care of individual patients.”

Sackett, DL. BMJ. 1996 Jan 13;312(7023):71-2
What we’re going to cover

- Review selected principles of evidence-based medicine
  - Focus on diabetes care, and screening and prevention
  - Look at the measures and expressions of risk reduction
What we’re going to cover

• Review major EBM resources that answer specific clinical questions:
  - Cochrane
  - DARE
  - ACP Journal Club
• Find the best evidence in MEDLINE.
• Review evidence-based tools that answer general clinical questions:
  - UpToDate
  - eMedicine
  - National Guideline Clearinghouse
• Review resources that answer drug-related questions
Case Presentation

• BG, a 51 yo mother of 3 presents to your office complaining of polyuria, polydipsia, and weight gain of 15 lbs over 3 months. Her mother had DM. The last two of her children were large for gestational age; the last pregnancy was notable for pre-eclampsia.
Questions

- **Patient care questions**
  - What is the likelihood that someone with gestational diabetes will develop established diabetes?

- **Teaching improvement questions**
  - When a patient presents to my office, what kind of teaching should my learners (students, residents) already have had?

- **Practice improvement questions**
  - Is my patient’s database easily retrievable?
Case, continued

- Her past history is notable for mild diet treated hypertension. She had a TAH-BSO 5 years ago for fibroid related menorrhagia. She has a seizure disorder and takes Dilantin®.
Question

• Does Dilantin® have any impact on glucose metabolism?
Clinical Pharmacology Online
http://cponline.hitchcock.org/

• *Clinical Pharmacology* is a drug information application that provides peer reviewed, clinically-relevant information on drugs available in the United States, including off-label uses and dosages, herbal supplements, nutritional products, and new and investigational drugs.
Case, continued

- A quick physical examination reveals a woman appearing her age, overweight and in no evident distress.
- VS: 155/80  P 96
  T 36.5°C  Height 5'3"  Weight 165 lbs  No retinopathy/neuropathy
- Initial labs demonstrate a random blood sugar of 426 mg/dL. There is an anion gap of 12 and the BUN/Cr are 25 and 1.3 mg/dL, respectively. The urine microalbumin is 100 mcg/dl. The hemoglobin A1c is 12.6%
Question

• Should protein intake be restricted in a middle-aged patient with Type 2 diabetes and microalbuminuria?
The Major EBM Resources to Answer Specific Clinical Questions

- The Cochrane Database of Systematic Reviews
- The ACP Journal Club
- The Database of Abstracts of Reviews of Effectiveness (DARE)
- MEDLINE
The Cochrane Database of Systematic Reviews - via Ovid
http://www.dartmouth.edu/~biomed

- Published by the International Cochrane Collaboration. Updated quarterly.

- Consists of detailed, structured topic reviews of hundreds of articles.

- Teams of experts complete comprehensive literature reviews, evaluate the literature, and present summaries of the findings of the best studies.
The ACP Journal Club - via Ovid

http://www.dartmouth.edu/~biomed

• Electronic access to articles in The ACP Journal Club, published bimonthly by the ACP-ASIM.

• The editors of this journal screen the top 100+ clinical journals and identify studies that are methodologically sound and clinically relevant.

• An enhanced abstract, with conclusions clearly stated, and a commentary are provided for each selected article.
Database of Abstracts of Reviews of Effectiveness (DARE) – via Ovid
http://www.dartmouth.edu/~biomed

- Produced by the National Health Services' Centre for Reviews and Dissemination (NHS CRD) at the University of York, England.

- Contains structured abstracts of systematic reviews from a variety of medical journals.

- Updated monthly.
EBM Reviews

- Ovid allows you to search Cochrane, ACP Journal Club, and DARE simultaneously.

- From the Ovid database list, select “EBM Reviews - full-text”
Hypothetic Examples of RR, ARR, NNT Measures in 4 Studies

<table>
<thead>
<tr>
<th>Group</th>
<th># Pts</th>
<th># Events</th>
<th>RR</th>
<th>ARR</th>
<th>NNT</th>
</tr>
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<tbody>
<tr>
<td>Placebo</td>
<td>1000</td>
<td>1</td>
<td>50%</td>
<td>0.05%</td>
<td>2000</td>
</tr>
<tr>
<td>Treated</td>
<td>1000</td>
<td>.5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Placebo</td>
<td>1000</td>
<td>10</td>
<td>50%</td>
<td>0.5%</td>
<td>200</td>
</tr>
<tr>
<td>Treated</td>
<td>1000</td>
<td>5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Placebo</td>
<td>1000</td>
<td>100</td>
<td>50%</td>
<td>5%</td>
<td>20</td>
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<tr>
<td>Treated</td>
<td>1000</td>
<td>50</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Placebo</td>
<td>1000</td>
<td>1000</td>
<td>50%</td>
<td>50%</td>
<td>2</td>
</tr>
<tr>
<td>Treated</td>
<td>1000</td>
<td>500</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Limitations of NNT

- NNT indicates frequency, not utility
- NNT is based on an outcome for a specified period, with treatment delivered in a specified way
- NNT should not be compared across conditions
- NNT assumes that a given intervention produces the same relative risk reduction exclusive of baseline risk
- Each NNT has a confidence interval
p values or confidence intervals?

- **p values** test the evidence against a null hypothesis (e.g., \( p=0.05 \) means we can be sure the hypothesis tested is likely to be true 95% of the time.)

- **Confidence intervals** tell us about the strength of the evidence (e.g., 95% CI is the range of values within which we are 95% sure that the true value lies.)
MEDLINE via Ovid*
http://www.dartmouth.edu/~biomed

- The National Library of Medicine’s premier database covering the fields of medicine, nursing, dentistry, veterinary medicine, the health care system, and the preclinical sciences.

- Contains bibliographic citations and author abstracts from more than 4,600 biomedical journals published in the United States and 70 other countries.

- Over 11 million citations dating back to the mid 60s. Updated weekly on the Ovid system.

*Requires Kerberos authentication for access
Another Specific Question

• How does the A1c correlate with average blood sugar?
Defining the Relationship Between Plasma Glucose and HbA1c: Analysis of glucose profiles and HbA1c in the DCCT
Diabetes Care 2002;25(2):275-278

- Erythrocyte life span 120 days
- Recent (3-4 weeks) PG levels contribute more (50%) than remote (90-120 d) to A1c
- FPG tends to underestimate A1c; post-lunch PG correlates well with MPG.
- 1% change in A1c correlates with $\Delta$ MPG 35 mg/dL
The DCCT was a trial in type 1 diabetes. But I remember there was a UK study on A1C in type 2 diabetes; how can I find it fast?
MEDLINE via PubMed

- Free access to MEDLINE from the National Library of Medicine

- Includes links to Dartmouth’s digital full-text journals, when available
  - [Note: must connect to PubMed through the Biomedical Libraries Web to access full-text]
Intensive blood-glucose control with sulphonylureas or insulin compared with conventional treatment and risk of complications in patients with type 2 diabetes (UKPDS 33).


- RCT, median f/u 10 years
- 23 hospital based clinics in UK
- 3867 pts, mean age 53, 61% men, BMI 27.5, newly diagnosed after 3 mo diet therapy
- 2729 pts intensive therapy
- 1138 pts conventional dietary
- A1c 7.0% v 7.9%
- Hypoglycemia 0.7% v 1-1.8%
- Mortality- NS
- Macrovascular- NS

1% reduction in A1c subsequently associated with 35% reduction in microvascular endpoints,
18% reduction in MI, 17% reduction in all cause mortality
Randomized Controlled Trial

- The ideal population based strategy (actually, the ideal agricultural strategy)
- Tests the average efficacy of (therapeutic) interventions
- Relies on double blind methodology rather than sophisticated knowledge of clinical variables
- Biases: TNTC
The Randomized Controlled Trial

Patients

<table>
<thead>
<tr>
<th>Disease</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Present</td>
<td>A/B</td>
</tr>
<tr>
<td>Absent</td>
<td>C/D</td>
</tr>
</tbody>
</table>

- **EER** (Experimental Event Rate) = \( \frac{A}{A+B} \)
- **CER** (Control Event Rate) = \( \frac{C}{C+D} \)

**ARR** (Absolute Risk Reduction) = CER - EER

**RRR** (Relative Risk Reduction) = \( \frac{ARR}{CER} \)

**NNT** (Number Needed to Treat) = \( \frac{1}{ARR} \)

EER = experimental event rate
CER = control event rate

**Control**
Case, continued

- This brief office visit has established that Ms. BG has new onset diabetes. Initial plans are formulated, including a visit to a nutritionist. A decision needs to be made concerning additional treatment. She has significant problems concerning finances. After considering the patient’s clinical status, her resources and ability to return for care, an Rx for metformin is considered.
Question

- What’s current information on the management of DM Type 2 with oral glycemics? If I do initiate treatment with an oral agent, which one should it be?
Evidence-based Tools to Answer General Clinical Questions

- Textbooks
- UpToDate
- eMedicine, et. al.
- National Guideline Clearinghouse
- MEDLINE
UpToDate
http://www.dartmouth.edu/~biomed
http://uptodate.com

- Topic reviews are written by recognized authorities who review the topic, synthesize the evidence, summarize key findings, and provide specific recommendations.

- Physician editors and authors review and update the content on a continuous basis; a new, peer-reviewed version is issued every four months.
eMedicine
http://www.emedicine.com

- Nearly 10,000 physician authors and editors contribute to the eMedicine Clinical Knowledge Base with coverage of 7,000 diseases and disorders.
- All of eMedicine's original content undergoes four levels of physician peer review plus an additional review by a PharmD.
- Contains an Image Bank of nearly 30,000 multimedia files.
- Updated daily.
Another General Question

- Is there a guideline describing the management of someone with type 2 diabetes (e.g., frequency of visits, labs, etc.)?
The National Guideline Clearinghouse

http://www.guideline.gov

• A comprehensive database of more than 995 evidence-based clinical practice guidelines and related documents.

• Sponsored by the Agency for HealthCare Research and Policy in partnership with
  – The American Medical Association
  – The American Association of Health Plans

• Updated weekly.
Back to some Previous Questions

- How can I access drug cost information quickly?
- Before I prescribe Metformin: are there any known interactions between it and Dilantin?
Handheld PDA Resources

http://www.dartmouth.edu/~biomed/services.htmlld/pda.resources.shtml
Case, continued

• Ms. BG had many questions. She wanted to know what the dangers of having diabetes were, and what she could do to reduce her chances of getting them.

• She had watched her mother getting pain in her feet, and also developing problems with her vision that required laser treatment.
Question

Are there patient education materials that would help her better understand and manage her disease?
MEDLINEplus
http://medlineplus.gov/

- Extensive information from the National Institutes of Health and other trusted sources on over 600 diseases and conditions.

- Also includes lists of hospitals and physicians, a medical encyclopedia and a medical dictionary, health information in Spanish, extensive information on prescription and nonprescription drugs, health information from the media, and links to thousands of clinical trials.

- Updated daily.
Other consumer health resources

- http://www.dartmouth.edu/~biomed/resources.html/conshealth.html
Case, continued

- Ms. BG returned 2 weeks later. She felt better and was no longer having polyuria. During the visit she stated that this was a huge wake-up call to her, and she wanted to take excellent care of herself. The nutritionist and she had worked out a good plan of diet and exercise. She wanted to address heart disease risk and cancer prevention as well.
Prevention Topics

- Breast cancer
- Colon cancer
- Prostate cancer
- Cervical cancer
- Cardiovascular
  - Cholesterol
  - Homocysteine
  - CRP
Efficacy of Mammography- Women Under 50

<table>
<thead>
<tr>
<th>Study</th>
<th>RR</th>
<th>ARR</th>
<th>NNS</th>
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<tbody>
<tr>
<td>HIP</td>
<td>.778</td>
<td>.00062</td>
<td>1,606</td>
</tr>
<tr>
<td>Malmo</td>
<td>1.326</td>
<td>-.00005</td>
<td>-1,938</td>
</tr>
<tr>
<td>S2C</td>
<td>1.131</td>
<td>-.00013</td>
<td>-7,803</td>
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<tr>
<td>Edinburgh</td>
<td>.987</td>
<td>.00003</td>
<td>34,248</td>
</tr>
<tr>
<td>Stockholm</td>
<td>1.025</td>
<td>-.00003</td>
<td>-36,143</td>
</tr>
<tr>
<td>Canada</td>
<td>1.35</td>
<td>-.0004</td>
<td>-2,521</td>
</tr>
<tr>
<td>Total</td>
<td>1.02</td>
<td>-.000034</td>
<td>-29,565</td>
</tr>
</tbody>
</table>

Based on 119/79,103 deaths in control- 140/91,016 deaths in screened, 29,565 women would need to be screened to 'cause' one death.
Efficacy of Mammography—Women Over 50

<table>
<thead>
<tr>
<th>Study</th>
<th>RR</th>
<th>AR</th>
<th>NNS</th>
</tr>
</thead>
<tbody>
<tr>
<td>HIP</td>
<td>.604</td>
<td>.00155</td>
<td>645</td>
</tr>
<tr>
<td>S2C</td>
<td>.613</td>
<td>.00087</td>
<td>1,151</td>
</tr>
<tr>
<td>Malmo</td>
<td>.680</td>
<td>.00062</td>
<td>1,619</td>
</tr>
<tr>
<td>Edinburgh</td>
<td>.810</td>
<td>.00075</td>
<td>1,335</td>
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<tr>
<td>Stockholm</td>
<td>.530</td>
<td>.00082</td>
<td>1,217</td>
</tr>
<tr>
<td>Canada</td>
<td>.974</td>
<td>.000052</td>
<td>19,069</td>
</tr>
<tr>
<td>Total</td>
<td>.655</td>
<td>.00089</td>
<td>1,122</td>
</tr>
</tbody>
</table>

Baseline risk of death from breast cancer in this age group is 0.00271. Based in 301/116,387 deaths in control group - 247/145,711 deaths in screened group = AR

NNS to prevent one death from breast cancer is 1,122.
Breast cancer screening with mammography

1000 women

8 with breast cancer  992 without breast cancer

7 test positive  1 test negative  70 test positive  922 test negative

Thus the probability of having cancer when the test is positive is $\frac{7}{77}$, or 9.1%
WHI JAMA;2002;288:321-33
16,608 women aged 50-79 (mean 63.3) RCT 5.2 yrs
Event rates per patient-year

<table>
<thead>
<tr>
<th>Outcomes</th>
<th>HRT</th>
<th>Placebo</th>
<th>RRI(R)</th>
<th>NNH(T)</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHD</td>
<td>0.37%</td>
<td>0.30%</td>
<td>29% (2-63)</td>
<td>1152 (531-16693)</td>
</tr>
<tr>
<td>VTE</td>
<td>0.34</td>
<td>0.16</td>
<td>111% (58-182)</td>
<td>565 (345-1079)</td>
</tr>
<tr>
<td>Breast Ca</td>
<td>0.38</td>
<td>0.30</td>
<td>26% (0-59)</td>
<td>1285 (567-infinity)</td>
</tr>
<tr>
<td>Hip Fx</td>
<td>0.10</td>
<td>0.15</td>
<td>34% (2-55)</td>
<td>1962 (1213-33358)</td>
</tr>
<tr>
<td>Colorectal Ca</td>
<td>0.10</td>
<td>0.16</td>
<td>37% (8-57)</td>
<td>1691 (1097-7819)</td>
</tr>
</tbody>
</table>
HRT use in 10,000 Women
Benefits and Harms/ Year
(from JAMA 2002;288:872-881)

<table>
<thead>
<tr>
<th>Events</th>
<th>HRT</th>
<th>Placebo</th>
<th>Excess (Fewer)</th>
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<tbody>
<tr>
<td>CHD</td>
<td>37</td>
<td>30</td>
<td>7</td>
</tr>
<tr>
<td>VTE</td>
<td>34</td>
<td>16</td>
<td>18</td>
</tr>
<tr>
<td>Breast Ca</td>
<td>38</td>
<td>30</td>
<td>8</td>
</tr>
<tr>
<td>Hip Fx</td>
<td>10</td>
<td>15</td>
<td>(5)</td>
</tr>
<tr>
<td>Colorectal Ca</td>
<td>10</td>
<td>16</td>
<td>(6)</td>
</tr>
</tbody>
</table>
Q: Does FOBT reduce the incidence of CRC?
NEJM. 2000;343:1603-7

- 46,551 pts, 18 y f/u; 52% female; 91% f/u. 75% compliance
- Incidence of cancer after 18 years
- CER 0.39%, EER 0.32%
- NNT 1428
- ARR 0.07%
- RRR 18%

Incidences of CRC at 18 years

Placebo
The Hemoccult problem

10,000 people

30 colorectal cancer

9,970 no colorectal cancer

15 positive

15 negative

300 positive

9,670 negative

Thus the probability of having cancer when the test is positive is 15/315, or 4.8%
Do statins lower the risk of cardiac events (primary prevention?)

AFCAPS/TexCAPS JAMA, 1998,279:1615-22

- 6605 pts; 85% male; chol 180-264 mg/dl, HDL <45 mg/dl; f/u 5.2 yrs
- fatal/nonfatal MI, ACS, sudden death
- CER 6%, EER 4%
- NNT 50 (33-97)
- RRR 37% (21-50)
In the works....

- The General Internal Medicine Evidence Based Resource
  - Web access
  - PDA compatible
EBM Resources: Summary

• When you’re looking for evidence on which to base specific patient care decisions, you can read and fully evaluate every article on your subject of interest.

• Or you could employ the resources that do the study reviews and filtering for you:
  - The Cochrane Database of Systematic Reviews
  - The ACP Journal Club
  - DARE
Summary, contd.

- When reviews are not available, you can craft search strategies in MEDLINE to limit your search to the evidence-producing studies.

- For overviews of broader topics, use the tools that summarize the evidence:
  - UpToDate
  - eMedicine
  - National Guideline Clearinghouse
  - et. al.
Self assessment

• What questions do I want to ask?
• Do I know how to access the resources?
• Do I know how to interpret the information?
• Can I explain the answer to a colleague or patient?

• Ask!
• Access!
• Assess!
• Apply!
The Encounter Paradigm

- Patient
- Information
- You

Knowledge
Preparedness
Current
Accessible
Accurate
Fidelity
Knowledge
Energy
Thank you!

jonathan.ross@hitchcock.org
karen.odato@dartmouth.edu
cindy.stewart@dartmouth.edu