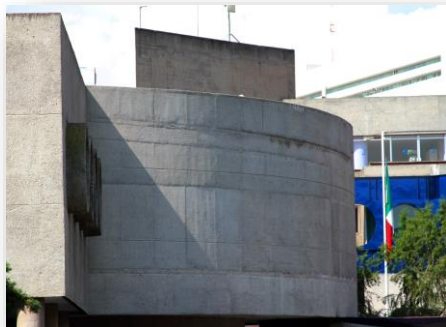# CENTRO DE ATENCIÓN INTEGRAL DEL
PACIENTE CON DIABETES ®

Center of Comprehensive Care for the Patient with Diabetes

CAIPaDi

Center of Comprehensive Care for the Patient with Diabetes

Primary Objectives:

- Improve the quality of life of patients with diabetes
- Reduce disabling complications (amputations, blindness, kidney failure)

Secondary objectives:

-Identify and overcome barriers to achieving metabolic control goals

-Promote self-efficacy and corresponsibility in treatment

-Identify patient profiles to establish specific strategies.

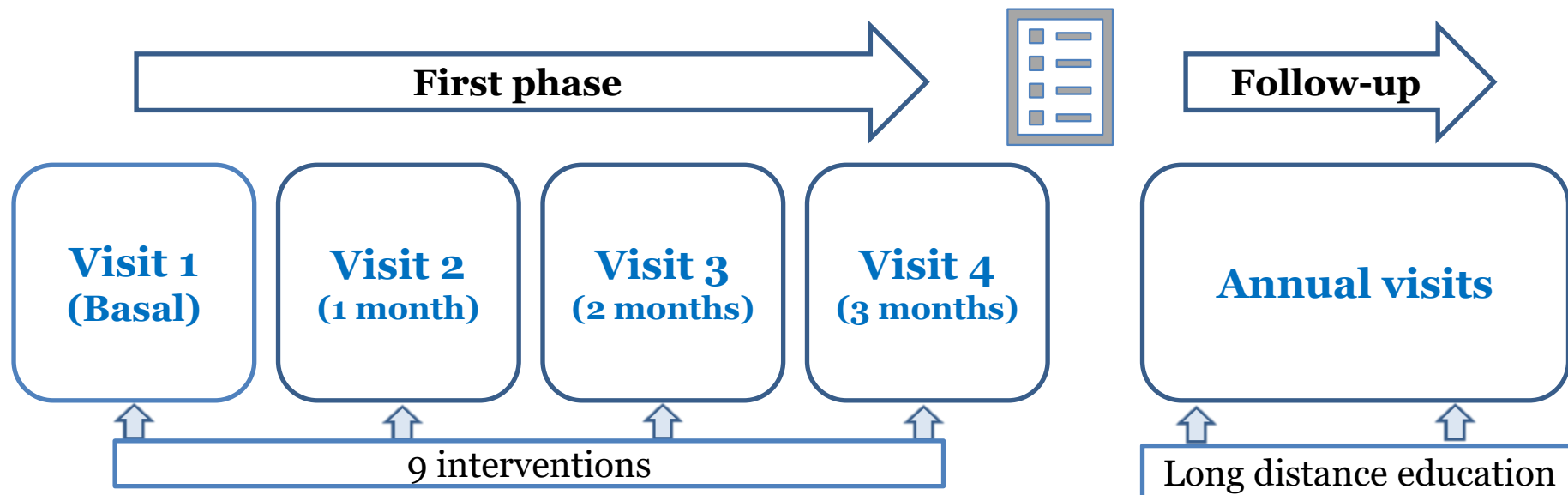-Use cost-effective actions based on evidence and feasibility.

Hernández-Jiménez S y cols. Innovative Models For Empowering Patients With Type 2 Diabetes: The CAIPaDi program. Recent Patents on Endocrine, Metabolic & Immune Drug Discovery 2014, 8 (3)

CAIPaDi program

Approved by the Investigation and Ethics Committee of the INCMNSZ Ref 1198
Registered in ClinicalTrials.gov NCT02836808

First phase → **Follow-up** →

| Visit 1 (Basal) | Visit 2 (1 month) | Visit 3 (2 months) | Visit 4 (3 months) | Annual visits |

9 interventions

Long distance education

Endocrinology Diabetes education Physycal activity and exercise Nutriology Foot care Ophtalmology Odontology Psicology Psichiatry

Schedule of interventions in CAIPaDi

Hernández-Jiménez S y cols. Innovative Models For Empowering Patients With Type 2 Diabetes: The CAIPaDi program. Recent Patents on Endocrine, Metabolic & Immune Drug Discovery 2014, 8 (3)

Table 2 – National Committee for Quality Assurance parameters in the CAIPaDi program.

Parameter	Goal (% of patients)	Visit 1 (n = 1837)	Visit 4[*] (n = 1243)	Visit 5[*] (n = 628)	Visit 6[*,+] (n = 288)
HbA1c > 9%	≤15%	35.3	2.2	9.0	11.1
HbA1c < 8%	>60%	52.4	93.0	82.1	79.1
HbA1c < 7%	>40%	37.0	79.8	65.7	59.3
BP ≥ 140/90	≤35%	17.9	5.0	7.3	5.5
BP < 130/80	>25%	50.6	83.7	65.6	68.7
LDL-c ≥ 130	≤37%	32.9	3.8	18.6	15.9
LDL-c < 100	>36%	34.3	82.6	57.3	59.3
Eye exam	60%	ND	100	100	100
Foot exam	80%	ND	100	100	100
Renal evaluation	80%	ND	100	100	100
Smoking Status and Cessation Advice or Treatment	80%	ND	100	100	100

BP: Blood pressure, HbA1c: glycated haemoglobin, LDL-c: Low-density lipoprotein cholesterol, ND: Non-determined.
[*] $p < 0.001$ for differences in HbA1c, BP and LDLc between 3 months vs basal, 1-year vs basal and 2 years vs basal.
[+] $p = 0.004$ for differences in HbA1c between 2 years vs basal.

Articles

- Innovative Models for Empowering Patients with Type 2 Diabetes: The CAIPaDi program. Recent Patents on Endocrine, Metabolic & Immune Drug Discovery 2014, 8 (3)

- Evaluación de la actividad física para alcanzar un estilo de vida activo en los profesionales de la salud: estudio piloto. Rev ALAD. 2018; 8:145-5

- Periodontal status at two years of follow-up in patients with Newly Diagnosis of type 2 Diabetes Mellitus. International Journal of Clinical Endocrinology and Metabolism 2019; 1-5. DOI: http://dx.doi.org/10.17352/ijcem

- Long-term effectiveness of a type 2 diabetes comprehensive care program. The CAIPaDi model. *Diabetes Res Clin Pract*. 2019; 151:128–137. doi: 10.1016/j.diabres.2019.04.009

- Assessment of a multidisciplinary intervention in patients with BMI ≥35Kg/m2 and recently diagnosed type 2 diabetes. The Journal of Clinical Endocrinology & Metabolism Vol 104, Issue 7, July 2019: 2994-3002. DOI: 10.1210/jc.2018-01148

- Barriers to adherence to a nutritional plan and strategies to overcome them in patients with type 2 diabetes mellitus; results after two years of follow-up [published online ahead of print, 2019 Aug 3]. *Endocrinol Diabetes Nutr*. 2019; S2530-0164(19)30150-8. doi: 10.1016/j.endinu.2019.05.007

Articles

- Prevalence and associated risk factors of diabetic retinopathy and macular oedema in patients recently diagnosed with type 2 diabetes. BMJ Open Ophthalmology 2020;**5**: e000304. doi:10.1136/ bmjophth-2019-000304

- Clinical characterization of data-driven diabetes subgroups in Mexicans using a reproducible machine learning approach. BMJ Open Diab Res Care 2020; 8: e001550. doi:10.1136/ bmjdrc-2020-001550

- Use of an electronic integral monitoring system for patients with diabetes to identify factors associated with an adequate glycemic goal and to measure quality of care. Primary Care Diabetes 2020. doi.org/10.1016/j.pcd.2020.07.009

- Development and Validation of a Software Linked to an Internet Portal That Facilitates the Medical Treatment and Empowerment of Patients with Type 2 Diabetes, Interaction with Medical Personnel, and the Generation of a Real-Time Registry. Journal of Diabetes Science and Technology 2020; Aug:1932296820949941. doi: 10.1177/1932296820949941

- Evaluation of Heart Rate Recovery in Patients with Diabetes Mellitus Type 2 and Elevated Urine Albumin/Creatinine Ratio After an Individualized Exercise Program. Curre Res Diabetes & Obes J 2020; 13(4): 555870. DOI: 10.19080/CRDOJ.2020.13.555870.

Articles

- Prevalence of Misconceptions about Diabetes and their Association with Metabolic and Psychological Variables. Diabetes Obes Int J 2021; 6(1): DOI: 10.23880/doij-16000238

- Recomendaciones para el abordaje integral del paciente con diabetes tipo 2. Rev Mex Endocrinol Metab Nutr 2021; 8: 43-51 doi: 10.24875/RME.20001962

- Clinician prescription of lipid-lowering drugs and achievement of treatment goals in patients with newly diagnosed type 2 diabetes mellitus. BMJ Open Diabetes Research & Care. 2021; 9: e001891. doi:10.1136/ bmjdrc-2020-001891

- Cost-effectiveness of a self-management and comprehensive training intervention in patients with type 2 diabetes up to 5 years of diagnosis in a specialized hospital in Mexico City. BMJ Open Diab Res Care 2021; 9: e002097. doi:10.1136/ bmjdrc-2020-00209

- Results of Two Strategies for Peer-Support in Patients with Recently Diagnosed Type 2 Diabetes. Archives of Metabolic Syndrome 2021; 1(1): 1-7. DOI: AMSJ-2021-03

- Feasibility and acceptance of a virtual multidisciplinary care programme for patients with type 2 diabetes during the COVID-19 pandemic. Ther Adv Endocrinol Metab 2021, Vol. 12: 1–10. HYPERLIdoi.org/10.1177/20420188211059882

Articles

- Comorbidity Between Recent Diagnosis of Type 2 Diabetes and Non-Psychotic Psychiatric Disorders: Metabolic Characteristics and Clinical Correlates. Neuropsychiatr Dis Treat. 2022;18:1151-1163 https://doi.org/10.2147/NDT.S364556

- The beneficial effect of a comprehensive diabetes care model on high-risk relatives accompanying patients with type 2 diabetes. Prim Care Diab 2022; 16:791-796 https://doi.org/10.1016/j.pcd.2022.09.008

- Detection of sudomotor alterations evaluated by Sudoscan in patients with recently diagnosed type 2 diabetes. BMJ Open Diab Res Care 2022;10:e003005. doi:10.1136/ bmjdrc-2022-003005

- Tratamiento farmacológico multidisciplinario para la atención integral del paciente con diabetes tipo 2. Rev ALAD. 2022; 12:94-105. DOI: 10.24875/ALAD.22000018

- Long-Term Effects of Anxiety on the Metabolic Control of Recently Diagnosed Type 2 Diabetes Patients: Results from the CAIPaDi Cohort Study. *Neuropsychiatr Dis Treat*. 2023; 19:197-207. https://doi.org/10.2147/NDT.S392672

- Cognitive behavioral treatment to improve psychological adjustment in people recently diagnosed with type 2 diabetes. Health Psychology and Behavioral Medicine 2023; 11: 2179058, DOI: 10.1080/21642850.2023.2179058

ALAD

ASOCIACIÓN LATINOAMERICANA DE DIABETES

BD

2 0 1 6

Premio ALAD-BD de Educación en Diabetes en Latinoamérica

CERTIFICATE OF WINNING PROJECT

This is to certify that the project *"Centro de Atención Integral del Paciente con Diabetes (CAIPaDi)"* developed by Dr Sérgio Hernández-Jiménez et al, was the WINNER of the 2016 edition of the Premio ALAD-BD de Educación en Diabetes en Latinoamérica, awarded in special ceremony during the XVI Congreso Latinoamericano de Diabetes de la Asociación Lationoamericana de Diabetes (ALAD) y VIII Congreso Colombiano de Diabetes – in November, 2016, in Bogotá, Colombia.

Bogota, Colombia, November 8th, 2016

Dr. Augusto Pimazoni-Netto

Coordinator, XVI Congreso Latinoamericano de Diabetes de la Asociación Lationoamericana de Diabetes (ALAD)

International Diabetes Federation
Centre of Excellence in Diabetes Care

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This is to certify that

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(Valid Until December 2021)

Professor Andrew Boulton
President 2020-2021,
International Diabetes Federation

Professor Akhtar Hussain
President-Elect 2020-2021,
International Diabetes Federation

December 2020

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