Center of Comprehensive Care for the Patient with Diabetes

CAIPaDi
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

Visit 1 (Basal)
Visit 2 (1 month)
Visit 3 (2 months)
Visit 4 (3 months)

9 interventions

Follow-up

Annual visits

Long distance education

Endocrinology
Diabetes education
Physical activity and exercise
Nutriology
Foot care
Ophtalmology
Odontology
Psicology
Psychiatry

Schedule of interventions in CAIPaDi

<table>
<thead>
<tr>
<th>HORARIOS</th>
<th>7:00-8:00</th>
<th>8:00-8:45</th>
<th>8:45-9:15</th>
<th>9:15-10:00</th>
<th>10:00-10:15</th>
<th>10:15-10:45</th>
<th>10:45-11:15</th>
<th>11:15-11:45</th>
<th>11:45-12:15</th>
<th>12:15-12:45</th>
<th>12:45-13:15</th>
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</thead>
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</table>

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)
Long-term effectiveness of a type 2 diabetes comprehensive care program. The CAIPaDi model

Sergio Hernández-Jíménez a, Ana Cristina García-Ulloa b, Omar Yaxmehén Bello-Chavolle c, Carlos A. Aguilar-Salinas c, David Kershenobich-Stalnikowitz e, for the Group of Study CAIPaDi a

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b Unit of Research in Metabolic Disease, Instituto Nacional de Ciencias Médicas y Nutrición Salvador Zubirán, Mexico City, Mexico
c FECEM Program, Faculty of Medicine, National Autonomous University of Mexico, Mexico City, Mexico
d General Director of the Instituto Nacional de Ciencias Médicas y Nutrición Salvador Zubirán, Mexico City, Mexico

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

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


∗ 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.

Diabetes Research and Clinical Practice 2019; 151:128-137
Implementation of a comprehensive care program using cost-effective and evidence-based strategies applicable in our institution

Training programs based on competencies for any health care provider related to diabetes (pre and post graduates)

Program reproducibility and adapted to clinics outside the Institute.
- 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


- 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


- 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


Articles


- 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


- 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

- 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


- 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

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 Latianoamericana 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 Latinoamericana de Diabetes (ALAD)
This is to certify that

Instituto Nacional de Ciencias Médicas y Nutrición Salvador Zubirán, Mexico - Mexico

has fulfilled the requirements of the International Diabetes Federation
and has been approved as an

International Diabetes Federation
Centre of Excellence in Diabetes Care

(Valid Until December 2021)

Professor Andrew Boulton
President 2020-2021,
International Diabetes Federation

December 2020
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International Diabetes Federation

Professor Akhtar Hussain
President-Elect
International Diabetes Federation

May 2022