

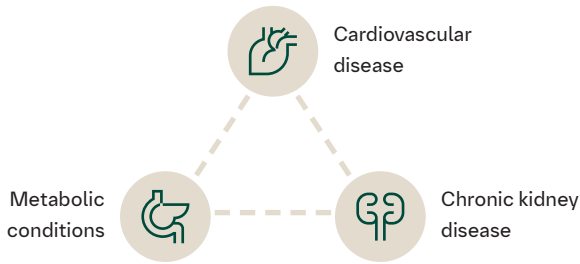
Optimising integrated management of cardio-renal-metabolic conditions in people with type 2 diabetes

Life forward



What do we mean by cardio-renal-metabolic (CRM) conditions in people with type 2 diabetes?

CRM encapsulates the complex interplay between cardiovascular diseases (e.g. heart failure or hypertension), metabolic conditions, (e.g. type 2 diabetes), and renal disease^{1,2}



Cardiovascular disease

- Heart failure
- Atrial fibrillation
- Coronary heart disease
- Peripheral arterial disease
- Stroke

Metabolic conditions

- Type 2 diabetes

Chronic kidney disease

- Glomerular hypertension

Which other conditions are associated with CRM syndrome?³⁻⁶

- Obesity
- Sleep apnoea
- Metabolic dysfunction-associated steatotic liver disease
- Osteoarthritis

What is the prevalence of CRM conditions in the UK and globally?



1 in 3 people with type 2 diabetes are estimated to have chronic kidney disease⁷



16% of people with heart failure have type 2 diabetes and chronic kidney disease⁸



1 in 3 people with type 2 diabetes have cardiovascular disease⁹

UK

Globally

Rationale for establishing a CRM clinic



People with CRM conditions often have multiple appointments – joined-up care is needed to improve coordination



In addition to managing CRM conditions in people with type 2 diabetes, care often includes managing blood pressure and dyslipidaemia, along with providing support for weight management



People with multiple long-term CRM conditions are often better served by management delivered through a dedicated clinic



A person-centred holistic approach to manage CRM conditions requires collaboration and integration within primary and secondary care.”

Dr Naresh Kanumilli, Manchester, UK

Key components provided by the CRM clinic

- Empowering people through shared-decision making, education and improved communication
- Interconnected management pathways
- Patient information
- Regular medication reviews
- Guidance on living a healthier lifestyle
- Optimising treatment

CRM clinics provide holistic care for:

- CRM conditions
- Associated conditions
- Mental health disorders



CRM clinics provide benefits to people through:

- Convenient access to nurse specialist and GP in one appointment
- Consistent management of CRM conditions as well as mental health/wellbeing support
- Continuity of care
- Reduced carbon footprint



Consider establishing an integrated CRM clinic in your practice.

How many of your patients currently attend more than one chronic conditions review? Could the CRM clinic model work in your practice? What could be the benefits to your practice and your patients, and what would you need to be able to make this change?

