



# Cystic Fibrosis Research News

## Article citation:

Liou TG, Jensen JL, Allen SE, et al. Improving performance in the detection and management of cystic fibrosis-related diabetes in the Mountain West Cystic Fibrosis Consortium. *BMJ Open Diabetes Res Care*. 2016;4(1). doi:10.1136/bmjdr-2015-000183.

## What was your research question? (50 words maximum)

Could quality improvement programs improve adherence to CF related diabetes (CFRD) screening and management guidelines?

Researchers wanted to know whether participating CF centers in the Mountain West could better meet CF Foundation guidelines through:

- (1) more screening of undiagnosed CFRD patients; and
- (2) improved management of diagnosed CFRD.

## Why is this important? (100 words maximum)

CFRD can lead to worse health and increased death. It is a major complication of CF that has a negative impact on quality of life and survival. Improving adherence to detection and management guidelines may improve both quality of life and survival for the 50% of patients that ultimately acquire diabetes.

## What did you do? (100 words maximum)

We designed and implemented a CFRD screening and management quality improvement program at each of nine CF care centers in the Mountain West. We assessed the success of those programs and compared our outcomes with outcomes reported by the rest of the CF centers in the United States in the CF Foundation Patient Registry.

## What did you find? (100 words maximum)

The quality improvement programs improved adherence to CFRD management guidelines, which lead to increases in weight and body mass index for patients with CFRD. Quality improvement programs did not help improve adherence to CFRD screening guidelines did not improve. Compared to the rest of the US, Mountain West centers were more likely to screen for CFRD.

## What does this mean and reasons for caution? (100 words maximum)



# Cystic Fibrosis Research News

Our quality improvement plans helped improve adherence to CFRD management guidelines, but there is still room to improve in increasing adherence to CFRD screening guidelines.

**What's next? (50 words maximum)**

Further improvements are needed at every CF center to increase adherence to CFRD screening and management guidelines.