

15th Wonca Europe Conference

16–19 September 2009, Basel, Switzerland

Effectiveness of an intervention in cardiovascular prevention for patients with metabolic syndrome: MetbayProject

Madueño Caro A.J.(Cádiz), Guija Villa E. (El Puerto De Santa Maria), Péculo Carrasco J.A. (Cádiz), Luque Barea A.(Cádiz), Ballester Díaz M.(Cádiz)

Aim: The objective lies in assessing whether the inclusion in the cardiovascular prevention program designed on purpose makes patients diagnosed with MS, compared to subjects in the control group suffering the same pathology, optimize the control of those risk factors that constitute the criteria of the syndrome and/or reduce individual risk of suffering a cardiovascular event.

Methodology: Randomized Controlled Clinical Assay. Study Scope: Primary Health Care, with three health centers participating.

Subjects: adult patients being less than 70 years old, with diagnosis criteria of metabolic syndrome, according to ATPI recommendations. Subjects meeting all the inclusion criteria will be assigned, by means of a simple random sampling, to an intervention or to a control group. The inclusion in the study will require informed consent by the patient.

Primary outcome: Efficiency of an intervention tool, measured using consecution terms of the control of risk factors defining MS, as well as the modification in the individual cardiovascular risk.

Outcomes to measure: Universal; sociodemographic; anthropometric; arterial tension; and biochemical (resistance to insulin, altered basal glycemia or diabetes mellitus, fraction and total cholesterolemia, triglyceridemia, microalbuminuria, fibrinogenemia, uricemia); therapeutic compliance; quality of life questionnaire.

Sample size: It is calculated by accepting a test power of 80% and a significance level of 95%. An increase in the control of the criteria that compose MS of at least 20% is accepted as a result. Taking into account the group of cases for intervention and controls, the sample contains 196 subjects.

Results: Determinations will be carried out through descriptive statistics; frequency distribution, dispersion and central tendency measurements. A measurement of possible associations between variables through contrast of hypothesis test will also be calculated.