

A Chart Review of Exenatide Utilization and its Effect on Weight and Hemoglobin A1c

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Abstract

Objective- Primary: To determine the percentage of exenatide-treated patients that reached HbA1c goals. Secondary: To determine the percentage of patients that was appropriately discontinued from exenatide therapy after not reaching HbA1c goals and the effect of exenatide on weight loss.

Research Design and Methods- A retrospective chart review of all veteran patients at one VA Medical Center that have orders for exenatide regardless of current status (discontinued, expired, etc) from June 2005 through November 2007 were included in this study. All patient related data were obtained from the Computerized Patient Record System (CPRS).

Results- A total of 20 patient charts were reviewed. At the end of the study period 30% of patients had reached HbA1c goal of <7%. It was also determined that 55% of patients either did not need to be discontinued or were appropriately discontinued. Additionally, patients that were taking exenatide experienced a significant amount of weight loss ($p=0.002$).

Conclusions- Exenatide can help some veteran patients achieve HbA1c goals. Currently, VA Provider follow-up and appropriate discontinuation of ineffective exenatide is not fully compliant with VA PBM Criteria. Exenatide was associated with significant weight loss and may be an option for targeted therapy in overweight and obese patients.

This abstract is part of a manuscript pending publication.