

# Chronic Disease Management 2021 Update

Dr Xu Bang Yu

## SFP2021; 47(1)

While the world is busy battling COVID-19, it is prudent for Family Physicians to continue to provide holistic person centric care for our patients with chronic diseases. The prevalence of chronic diseases is high in our population, especially our elderly patients. Ian Huang et al reported in his systematic review and meta-analysis that Diabetes Mellitus is associated with increased mortality and severity of disease in COVID-19 pneumonia.<sup>1</sup> Luis D' Marco et al reported the risk for severe COVID-19 infection is three-fold higher in patients with chronic kidney disease than in a patient with normal kidney function.<sup>2</sup> R Pranata et al reported that hypertension is associated with increased mortality and severity of disease in COVID-19 pneumonia.<sup>3</sup>

Currently, Singapore is the first nation in Asia to receive the Pfizer-BioNTech COVID-19 vaccine on 21<sup>st</sup> December 2020. As the risk of serious life-threatening disease and death from COVID-19 is extremely high among our elderly and persons with multiple comorbidities, getting vaccinated is an important way to minimise risk of transmission and prevent the disease from spreading widely. When our population are adequately vaccinated, this will also indirectly protect people who are not able to receive COVID-19 vaccination e.g., severely immunocompromised patients and children.

I have completed my COVID-19 vaccination. So, have you?

For this FPSC89 Chronic Disease Management 2021 update, we have a total of six units covering different chronic diseases, four original articles and a selection of ten readings by A/Prof Goh Lee Gan on topics related to chronic disease management.

For unit 1, A/Prof Goh Lee Gan will bring us through an update on proteinuria and hypertension, with and without Diabetes Mellitus.

For unit 2, Dr Tan Seng Kiong et al will be presenting about Insulin therapy in Diabetes Mellitus, with discussion on the common barriers in insulin initiation and what are some of the proposed strategies to employ.

For unit 3, Dr Benjamin Lam will explain why obesity should be seen as a chronic disease and what the approaches are available to tackle obesity. He will also give us a brief update on intermittent fasting.

For unit 4, Dr Richard Lee and Dr Anita Lim will bring us you the management of gout in a 60 year old male with multiple chronic diseases.

For unit 5, Dr Desmond Wai will be focusing on assessment and management of Non Alcoholic Fatty Liver Disease.

For unit 6, Dr Rohit will be talking about the assessment and shared care management of patients with heart failure.

Original article 1 will focus on AsthmaID Tool in Singapore. Dr Bennett Ong et al will describe this simple 4-question tool that was developed to assist Family Physicians in identifying patients with uncontrolled asthma who may benefit from a referral to a specialist.

Original article 2 is a case report on the use of continuous glucose monitoring technology in the management of Diabetes Mellitus in a primary care setting. This article is contributed by Dr Teo, a private Family Physician with Healthway Medical Group.

Original article 3 by Dr Yan T. Chua et al will showcase us the identification, evaluation and monitoring of chronic kidney disease in primary care setting.

Original article 4 by Dr Kwek Jia Liang will deep dive into management of chronic kidney disease, the interventions to slow down the progression of chronic kidney disease, appropriate use of renin-aldosterone system blockers and sodium-glucose cotransporter-2 inhibitors in suitable subgroups of patients and others.

## REFERENCES:

1. Huang I, Lim MA, Pranata R. Diabetes mellitus is associated with increased mortality and severity of disease in COVID-19 pneumonia—a systematic review, meta-analysis, and meta-regression. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews*. 2020 Jul 1;14(4):395-403.1.
2. D'Marco L, Puchades MJ, Romero-Parra M, Gimenez-Civera E, Soler MJ, Ortiz A, Gorris JL. Coronavirus disease 2019 in chronic kidney disease. *Clinical kidney journal*. 2020 Jun;13(3):297-306.
3. Pranata R, Lim MA, Huang I, Raharjo SB, Lukito AA. Hypertension is associated with increased mortality and severity of disease in COVID-19 pneumonia: a systematic review, meta-analysis and meta-regression. *Journal of the renin-angiotensin-aldosterone system: JRAAS*. 2020 Apr;21(2).