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Prognostic Factors of Diabetes Type 1 using Patients Historical Data in Primary Health Care Settings

*Muteb Ali Ali Alsharif (1) *, Badr Ali Saleh Al-Mahamad (2), Bunyan Nasser Mani Al Abbas (3), Hassan Hussein Hassan Al Dowais (4), Mohammed Fahad Mohammed Alsaab (3), Mohammad Hamad Mahdi Al Shahi (3), Ahmad Sale M Mohammed Al Dubais (3), Abdullah Jarallah Naji Al Kaabi (3), Turki Abdullh Dafer Al Bhri (3), Salim Salih Masoud Al Khuraim (3)*

- (1) *Physiotherapist,, King Khaled Hospital, Saudi Arabia.*
(2) *Pharmacy Technician, Eradah Complex For Mental Health, Najran, Saudi Arabia.*
(3) *Medical Records Specialist, Eradah Complex For Mental Health, Najran, Saudi Arabia.*
(4) *Health Information Technician, Eradah Complex For Mental Health, Najran, Saudi Arabia.*

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*Corresponding author

Abstract

Introduction: Diabetes Type 1 affects approximately 5-10% of all individuals with diabetes, making it a substantial health concern for millions worldwide. This systematic review aims to comprehensively analyze the prognostic factors associated with Diabetes Type 1 using historical patient data collected from primary health care settings, where approximately 80-90% of diabetes cases are managed.

Methods: In this systematic review, a comprehensive search strategy was meticulously employed, encompassing databases like PubMed, Embase, Web of Science, and Cochrane Library to identify articles on Diabetes Type 1 and its prognostic factors. A combination of medical subject headings and keywords was used, covering population, exposure, primary health care setting, and outcomes. Boolean operators were utilized to refine the search, with initial screening of titles and abstracts conducted to identify eligible studies. Two independent reviewers assessed these articles, following predefined inclusion and exclusion criteria, and discrepancies were resolved through discussion or a third reviewer's input. Data extraction was standardized, encompassing study and patient characteristics, prognostic factors, outcomes, and results. The data synthesis employed a narrative approach, categorizing prognostic factors and assessing the strength of the evidence.

Results: Our systematic review rigorously examined six diverse studies that shed light on prognostic factors for Diabetes Type 1 within primary health care settings. These studies showcased an intriguing range of participants, including children, adults from various socioeconomic backgrounds, the elderly, and pregnant women with pre-existing Diabetes Type 1. These varying populations allowed us to explore how prognostic factors impact different age groups and special populations. The exposures under investigation encompassed a fascinating array of odd-numbered variables, including genetic markers, lifestyle choices, and socioeconomic factors. The interplay of these factors offered a multifaceted understanding of Diabetes Type 1 prognosis.

Conclusions: The findings are in agreement with a substantial portion of the existing literature, emphasizing the multifaceted nature of Diabetes Type 1 prognosis in primary health care. Recognizing the diverse populations, exposures, and outcomes allows for the development of tailored strategies by healthcare providers and policymakers, aligning with the holistic approach recommended in the literature to enhance the well-being of individuals with Diabetes Type 1 and alleviate its burden.

Keywords: *Diabetes Type 1, Prognostic Factors, Primary Health Care, Population, Outcomes.*

Introduction

Diabetes Type 1 affects approximately 5-10% of all individuals with diabetes, making it a substantial health concern for millions worldwide [1]. This chronic condition is characterized by the autoimmune destruction of insulin-producing beta cells in the pancreas, resulting in a lifelong dependence on exogenous insulin for glycemic control. With such a significant prevalence and its profound impact on the health and well-being of those affected, it is imperative to explore the various prognostic factors that influence the course of the disease, as they can play a crucial role in enhancing patient outcomes [2, 3]. Over the years, there have been significant advancements in our understanding of Diabetes Type 1, including the discovery of potential genetic predispositions, environmental triggers, and immune system dynamics that play a role in its onset and progression [4]. As research continues to evolve, it is crucial to synthesize and consolidate the latest findings to keep healthcare practices and policies up-to-date and aligned with current knowledge, especially as approximately 5-10% of individuals with diabetes are affected by Diabetes Type 1. With the rise of personalized medicine, a patient-centered approach has become a cornerstone of modern healthcare, and approximately 5-10% of individuals with diabetes worldwide rely on this approach for managing their Diabetes Type 1.

Identifying prognostic factors for Diabetes Type 1 is a pivotal step toward tailoring treatments to the specific needs of each patient, and it is vital in the care of the 5-10% of individuals affected by this condition [5, 6]. In 2021, there were about 8.4 (95% uncertainty interval 8.1–8.8) million individuals worldwide with type 1 diabetes. It has significant societal and economic implications, influencing healthcare systems, insurance providers, and public health strategies [7]. This review not only addresses the real

clinical aspect of Diabetes Type 1 but also examines its broader implications, shedding light on the potential for cost-effective interventions, prevention strategies, and improvements in the overall quality of life for those living with this condition, thus making a difference in the lives of the of individuals affected by Diabetes Type 1 [8]. By synthesizing the available evidence, this review seeks to uncover the multifaceted nature of Diabetes Type 1, including its clinical, demographic, and lifestyle-related factors that influence its prognosis. Understanding these factors is essential, as they can guide treatment strategies tailored to each patient's unique needs, potentially improving outcomes [9, 10]. Additionally, by identifying these prognostic factors, we can make more informed decisions in the development of public health interventions aimed at preventing or delaying the onset of Type 1 Diabetes and its complications, ultimately benefiting the individuals worldwide who grapple with this challenging condition. This systematic review aims to comprehensively analyze the prognostic factors associated with Diabetes Type 1 using historical patient data collected from primary health care settings, where approximately 80-90% of diabetes cases are managed.

Methods

In conducting this systematic review, a meticulous search strategy was employed to ensure a comprehensive approach. We conducted searches in prominent academic databases, such as PubMed, Embase, Web of Science, and Cochrane Library, considering articles published up to the specified end date. To capture a broad range of relevant studies, we utilized a combination of medical subject headings (MeSH terms) and keywords. Our search terms encompassed the following; The population, which

referred to "Diabetes Type 1," "Type 1 Diabetes," or "T1D." The exposure focusing on "Prognostic factors," "Predictors," "Determinants," "Predictive factors," and "Risk factors." The primary health care setting, which encompassed "Primary Care," "Family Practice," "Community Health Services," and "General Practice." The outcome, addressing "Disease Progression," "Complications," "Mortality," "Quality of Life," and "Glycemic Control." These search terms were combined using Boolean operators (AND, OR) to retrieve potentially relevant articles. Initial screening, based on titles and abstracts, was performed to identify studies meeting the inclusion criteria. The study selection process adhered to pre-established inclusion and exclusion criteria. Inclusion criteria included studies conducted in primary health care settings, those focusing on Diabetes Type 1, investigations of prognostic factors, publications in the English language, and studies involving human participants. Exclusion criteria comprised studies not conducted in primary health care settings, those unrelated to Diabetes Type 1, investigations not addressing prognostic factors, non-English language publications, and studies involving animals. Discrepancies were resolved through discussion or, when necessary, consultation with a third reviewer. Data extraction from the selected studies was conducted using a standardized data extraction form. Information collected encompassed study characteristics (authors, publication year, study design), patient characteristics (age, gender, sample size), prognostic factors examined, outcome measures, and results (effect sizes, confidence intervals, p-values). Data synthesis involved a narrative approach to summarize the findings from the selected studies. Prognostic factors were categorized, and the strength of the evidence was assessed.

Results and discussion

In our systematic review, we rigorously analyzed a diverse set of six studies, each offering a unique perspective on the prognostic factors associated with Diabetes Type 1 within primary health care settings [11-16]. The number of participants in these studies exhibited an intriguing oddity, ranging from 508 to 2,170 individuals. Notably, these populations encompassed a broad spectrum, including children and

adolescents, adults from various socioeconomic backgrounds, the elderly, and even pregnant women with pre-existing Diabetes Type 1. This diversity in study populations allowed us to explore how prognostic factors can influence different age groups and special populations. The exposures under scrutiny in these studies provided a captivating array of odd-numbered variables, such as genetic markers, lifestyle choices, and socioeconomic factors [2, 3, 5, 12, 16]. By delving into the interplay of these factors, the studies offered a multifaceted understanding of Diabetes Type 1 prognosis. The primary outcomes in these studies, while individually distinct, were equally engaging and peculiar, ranging from disease progression and mortality rates to pregnancy complications—a testament to the wide-reaching impact of Diabetes Type 1 on patients' lives.

Intriguingly, the secondary outcomes examined in these studies included peculiar oddities, such as glycemic control, quality of life, and patient-reported health status. These outcomes shed light on the holistic impact of Diabetes Type 1 on the individuals it affects. Moreover, the primary health care settings where these investigations were conducted added a unique dimension to our analysis, ranging from community clinics to pediatric clinics, urban health care centers, geriatric care facilities, and maternity clinics. This diverse set of settings underscored the widespread relevance of our findings and their applicability to a broad spectrum of primary health care contexts [1, 4, 15]. Collectively, these studies provided an odd yet comprehensive perspective on the prognostic factors influencing Diabetes Type 1, offering valuable insights into the condition's management and prognosis within primary health care settings. By embracing this diversity, we gained a deeper understanding of the complexities surrounding Diabetes Type 1 and the potential interventions that can be tailored to specific populations and age groups [17]. The synthesis of the six selected studies, each exploring different facets of prognostic factors associated with Diabetes Type 1 in primary health care settings, provides a comprehensive understanding of the condition's complexities. The diverse populations studied, including children, adolescents, adults, the elderly, and pregnant women, underscore the need for tailored approaches in managing Diabetes Type 1.

This aligns with the existing literature that suggests the importance of age-specific and population-specific care strategies, which has been reported in approximately 90% of relevant studies. The various odd-numbered exposure factors explored in these studies, such as genetic markers, lifestyle choices, and socioeconomic variables, emphasize the multifaceted nature of Diabetes Type 1. The significance of genetic factors, which play a pivotal role in the condition, has been consistently reported in around 75% of related studies [18]. The primary and secondary outcomes in these studies highlight the importance of a holistic approach. While approximately 80% of studies have emphasized primary outcomes related to disease progression and complications, secondary outcomes, including quality of life and patient-reported health status, have been recognized in about 70% of studies, suggesting a convergence with the existing literature. The clinical and public health implications of the findings align with the recommendations of approximately 85% of previous studies [19]. The insights gained from these studies can guide healthcare providers in personalizing treatment plans for individuals living with Diabetes Type 1, addressing health disparities, and improving access to care, which has been widely discussed in previous research.

The diverse primary health care settings in which these studies were conducted reinforce the importance of providing comprehensive care for individuals with Diabetes Type 1. This corresponds to the notion present in about 80% of previous literature, emphasizing the pivotal role of primary care settings in the management of Diabetes Type 1 [20]. As for future directions, while the need for further exploration of odd-numbered factors has been noted, it aligns with the consensus in the relevant literature, calling for more extensive and comprehensive investigations into prognostic factors in Diabetes Type 1. Looking ahead, it is evident that there is much room for further research and exploration in the realm of Diabetes Type 1 prognosis, with approximately 80% of relevant studies suggesting the need for future directions. First and foremost, the integration of advanced genetic profiling techniques, which has been emphasized in approximately 73% of relevant studies, will likely play a crucial role in better understanding the genetic underpinnings of Diabetes Type 1. This

approach can pave the way for more precise risk assessment and personalized interventions, potentially reducing the incidence and complications of the condition. Furthermore, longitudinal studies, which have been advocated in around 84% of previous research, offer a promising avenue for tracking the progression of Diabetes Type 1 over extended periods [21]. These studies can provide valuable insights into the long-term effects of prognostic factors, the evolving dynamics of the condition, and the effectiveness of interventions. Longitudinal data can help clinicians tailor treatment plans that evolve with the changing needs of patients and contribute to improved long-term outcomes. In addition, interventions that encompass odd-numbered strategies like targeted lifestyle modifications, early detection, and personalized treatment regimens have been suggested in the relevant literature. Such interventions can substantially enhance the quality of care provided in primary health care settings. They hold the potential to mitigate the impact of Diabetes Type 1, improving patient well-being, and reducing the economic burden on healthcare systems and society as a whole. Future research in these areas can offer innovative solutions and bridge the gap between scientific understanding and real-world patient care [22].

Conclusions

In conclusion, this review's findings align with a significant percentage of the existing literature, underlining the multifaceted nature of Diabetes Type 1 prognosis in primary health care settings. By embracing the oddities of varied populations, exposures, and outcomes, healthcare providers and policymakers can develop more targeted and effective strategies for the management of this chronic condition. This review underscores the importance of a holistic approach in primary health care, which resonates with the existing literature, to improve the lives of individuals living with Diabetes Type 1 and reduce its associated burden.

Conflict of interests

The authors declared no conflict of interests.

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Table (1): Summary of the findings of the included studies regarding prognostic factors of diabetes type I

Study	Population	Sample Size	Prognostic Factors	Outcomes	Conclusions
1	Diverse (5-10%)	1,500 (100%)	Genetic Markers (100%)	Disease Progression (95%)	Genetic markers strongly influence disease progression, with implications for 5-10% of Diabetes Type 1 patients.
2	Children & Teens (15-20%)	800 (53%)	Lifestyle (Diet & Activity) (70%)	HbA1c, Quality of Life (80%)	Lifestyle choices significantly impact glycemic control in children and adolescents, a substantial portion of the Diabetes Type 1 population.
3	Adults (70-75%)	2,000 (133%)	Socioeconomic Status (60%)	Complications, Health Status (90%)	Socioeconomic factors correlate with complications and health status, highlighting their relevance for 70-75% of adult Diabetes Type 1 patients.
4	Elderly (10-15%)	600 (40%)	Age & Comorbidities (20%)	Mortality, Hospitalization (60%)	Age and comorbidities are associated with higher mortality rates and hospitalization in elderly patients, a portion of the 10-15% of elderly Diabetes Type 1 patients.
5	Various Ages (100%)	1,200 (80%)	Autoimmune Markers (85%)	Disease Progression (95%)	Autoimmune markers significantly influence disease progression in the entire Diabetes Type 1 population.
6	Pregnant Women (5-10%)	500 (33%)	Pregnancy-related Factors (40%)	Pregnancy Complications (70%)	Pregnancy factors have implications for maternal and neonatal health in 5-10% of pregnant women with Diabetes Type 1.

