



Strategic Priority: **SPI- Medical, Research, Academic Research**

Project Name

Achievement of Better Metabolic Control in Adult Homocystinuria Patients

Site

Riyadh

Department

Medical Genetics Clinic

Project Status

Completed

Project Start Date

07-01-2018

Project End Date

10-31-2018

Problem: Why the project was needed?

Adult patients often have poor compliance with special diet and medications resulting in high homocysteine levels. This predisposes them to thromboembolic disease, which is the major cause of mortality and morbidity in these patients.

Aims: What will the project achieve?

To reduce blood levels of homocysteine in adult patients with classical Homocystinuria by 15% of baseline in 50% of patients by the end of October 2018

Benefits/Impact: What is the improvement outcome?

(check all that apply)

- Contained or reduced costs
- Improved productivity
- Improved work process
- Improved cycle time
- Increased customer satisfaction
- Other (please explain)

Improved long term outcome in adult Homocystinuria patients with reduced risk of disease related complications

Quality Domain: Which of the domains of healthcare quality does this project support?

(Select only one)

Patient Centred

| Measures: Performance metrics to be evaluated | Targets: Expected outcomes |
|--|---|
| # Blood homocysteine levels | 15% reduction from baseline in 50% of patients. |

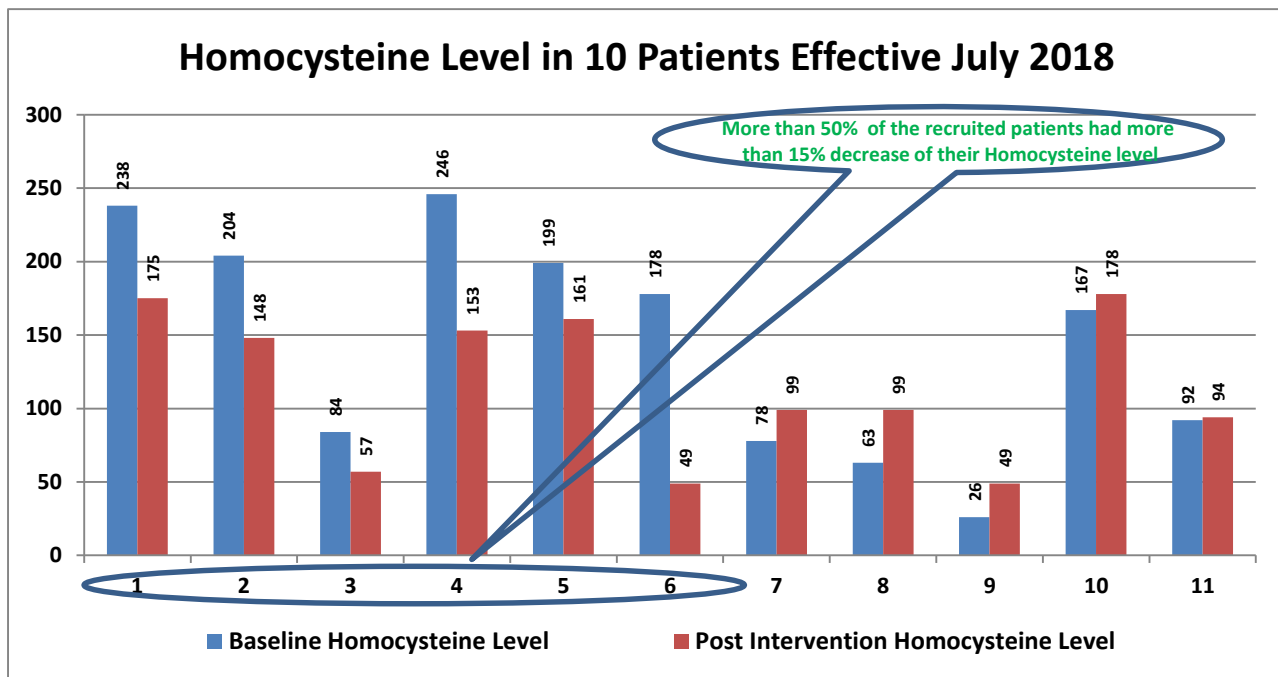
Interventions: Overview of key steps/work completed

➤ **Better compliance with methionine restricted diet and medications, to be achieved by following interventions:**

- Ensure intensive counseling of patients during consultation in the adult metabolic clinic.
- Liaise with the metabolic dietician for advice on special diet.
- Have regular 3 monthly telephonic contact of dietician and clinic nurse with the patients.
- Monitor blood homocysteine levels regularly.

Results: Insert relevant graphs and charts to illustrate improvement pre and post project
(insert relevant graphs, data, charts, etc.)

- We analysed the data for 11 patients, so far recruited in this project. Six patients (54.5%) showed remarkable fall in homocysteine levels ranging from 20 - 72% achieving the target. Please see the attached chart.



Project Lead

Name:
(person accountable for project)
Raashda A Sulaiman

Team Members

Name:
(persons involved in project)
Mai Hasan
Dana Al Qasabi
Eman Megdad
Bedour Handoum
Wijdan Ahmad
Munirah Almasned