

Correlation between Clinical Practice Guidelines and the leading causes of morbidity and mortality in Mexico.

Background: The population of Mexico is living longer and with better health conditions. Life expectancy at birth increased from 41.5 in 1940 to 74.3 years in 2012, with a significant reduction in mortality in all age groups. (Table 1)

The role of a health system is to answer for the needs and expectations of individuals; their goal is to improve population health, reduce health inequities, providing effective access with quality and to improve efficiency in the use of resources.

For this purpose, the Clinical Practice Guidelines (CPG) are tools that have proved to make more rational decisions on health and lessen the gap between action and clinical evidence. In this context, the National Center for Health Technology Excellence established by consensus with the institutions of the National Health System of Mexico the Master Catalog of Clinical Practice Guidelines (MCCPG) as a national benchmark to favor making clinical and managerial decisions based on recommendations supported on the best evidence available.

Table 1. Comparison of the leading causes of death in Mexico from 1980 to 2011 (deaths per 100,000 population).

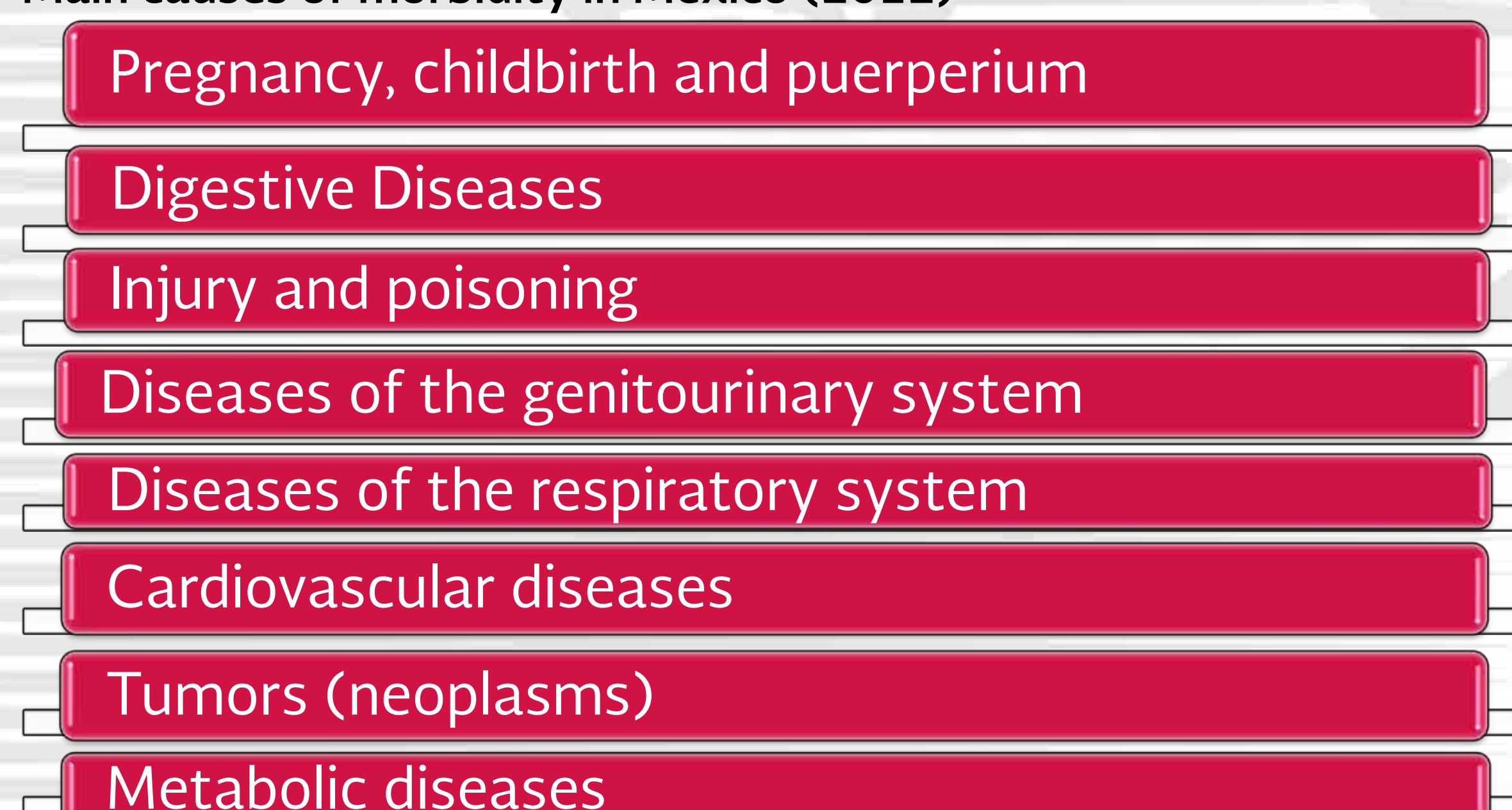
CAUSE	1980	2011
Cardiovascular	106.8	106.8
Diabetes mellitus	21.9	69.9
Malignancies	39.5	61.7
Intentional injuries	21.4	28.5
Infectious and parasitic	93.6	16.4
Traffic accidents motor vehicle	23.1	14.4

Objective: Evaluate the correlation that exists between CPG developed by the National Health System of Mexico with the principal causes of morbidity and mortality in the country.

Methods: We did a review of the demand for health care of Mexico, according to the information and statistics from the National Institute of Statistics and Geography (INEGI, 2012) to establish the main causes of morbidity and mortality in the country. Later the MCCPC was revised to know the type and number of guidelines developed by the National Health System of Mexico (CENETEC-Salud, 2013). Finally, a correlation between the causes of morbidity and mortality and GPC published in the Master Catalog was established.

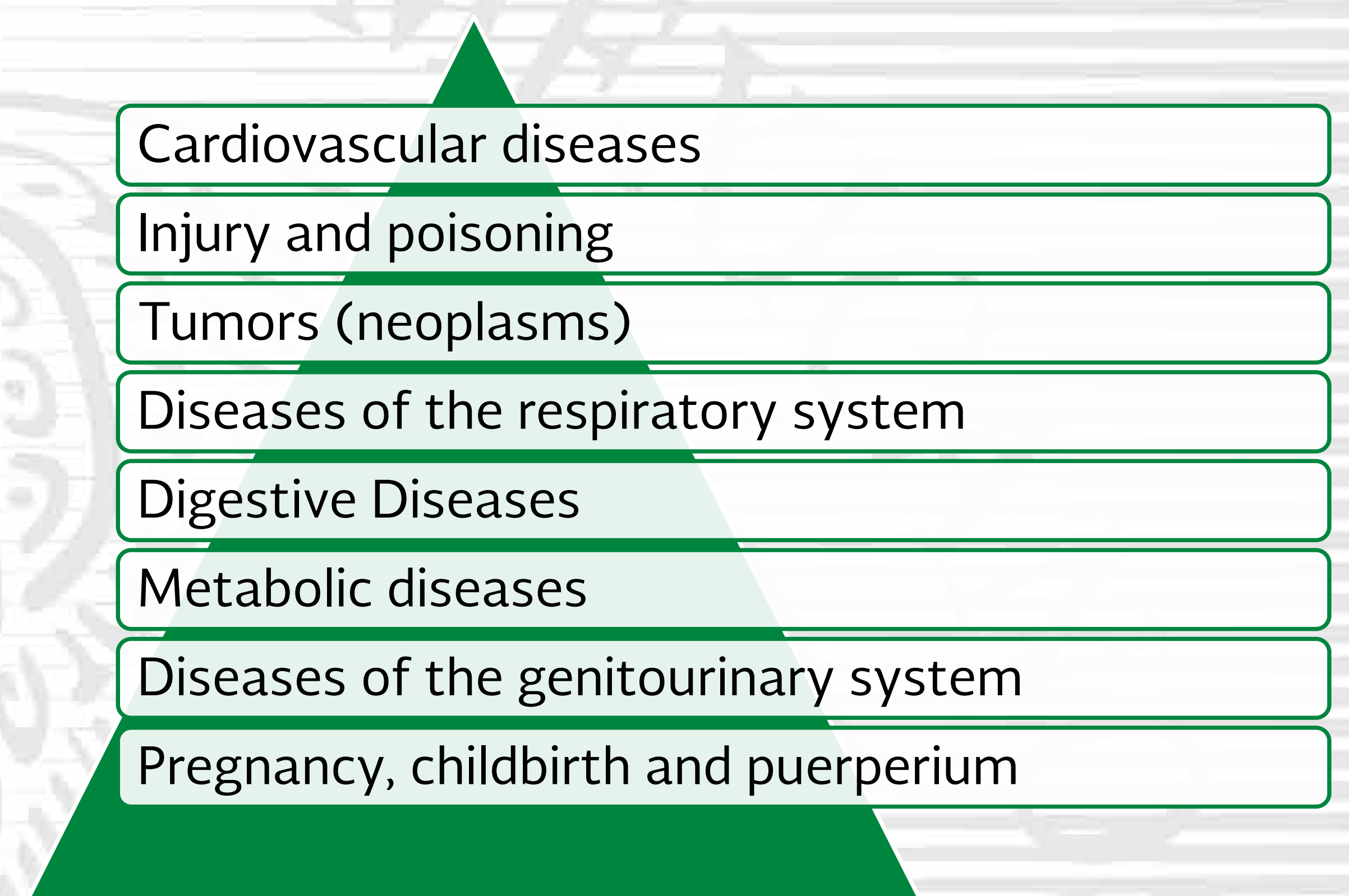
Results: The leading causes of morbidity are pregnancy, childbirth and puerperium, diseases of the digestive system, injuries and poisonings, followed by diseases of the genitourinary system.

Main causes of morbidity in Mexico (2012)



Among the specific causes of morbidity secondary complications of pregnancy, childbirth and postpartum constituted 403,486 cases during 2012. Causes of death in descending order are cardiovascular diseases, injury and poisoning, neoplasms, diseases respiratory system, digestive and metabolic system, among others. Regarding mortality secondary complications of pregnancy, childbirth and postpartum was 807 cases per year.

Main causes of mortality in Mexico (2012)



The MCCPG hosts 664 guidelines, which provide coverage to the major causes of morbidity (diseases of the digestive system) and mortality (cardiovascular disease) with guides 47 and 42 respectively.

Correlation of the leading causes of morbidity and mortality with the CPG published in the Master Catalog.

CAUSE OF DEATH	CPG (No.)
Cardiovascular diseases	42
Injury and poisoning	63
Tumors (neoplasms)	57
Diseases of the respiratory system	29
Digestive Diseases	47
Metabolic diseases	45
Diseases of the genitourinary system	39
Pregnancy, childbirth and puerperium	36

Discussion: The CPG of Master Catalog provide coverage to the major causes of morbidity and mortality in the country, ensuring access to the best scientific evidence and recommendations applied to our population, thus favoring the reduction in the variability of clinical practice, optimizes planning and management of resources and improves the quality of care and safety of users of the National Health System of Mexico.

Implications: Implementation of CPG contributes to improving the quality of care and patient safety.