

Guideline for antihyperglycaemic therapy in adults with type 2 diabetes

Version Control

| Version Number | Date | Amendments made | | | |
|-------------------|--------------------|--|--|--|--|
| 1 | January 2018 | | | | |
| 1.1 , 1.2 and 1.3 | 2018 Amendments | Amended to reflect updated SPC advice and the use of combined insulin/GLP-1 agonists | | | |
| 1.4 and 1.5 | 2019 Amendments | Updated SPC advice and addition of cardiovascular patient factor section | | | |
| 1.6 and 1.7 | 2021 Amendments | Updated SPC Information, insulin guidance simplified, clarifications | | | |
| 1.8 and 1.9 | 2023/24 Amendments | Amended to reflect updated NICE guidance (Quality Standard, CKD and tirzepatide) and SPC changes | | | |
| 1.10 and 1.11 | 2025 | Removal of discontinued products. Alogliptin removed as first line. Appendix B updated. | | | |

Care after diagnosis and education

- An individualised approach to diabetes care should be adopted taking into account patient factors including frailty, susceptibility to hypoglycaemia, weight, cardiovascular risk and renal function.
- Upon diagnosis ALL patients should be offered structured education (DESMOND, X-PERT or locally approved courses) within 6-12 months of diagnosis.
- For those patients who are unable or unwilling to attend such courses further education should be offered including signposting to diabetes.org.uk and/or local interventions such as nutrition and dietetic services, local fitness classes/regimes, mental health services and Local Specialist Obesity Services (for patients with a BMI > 35 kg/m²).
- In order to achieve the best possible care competent patients should be encouraged to take responsibility for the management of their diabetes and receive comprehensive counselling prior to the initiation of any new medicine. A self management contract (see appendix B) may facilitate patients and prescribers to agree care goals and encourage patients to strive for the best possible outcomes from their treatments.

Initiating and optimising treatments

This guideline does not include all antihyperglycaemic medicines for the management of type 2 diabetes. Where appropriate prescribers may prescribe medicines not considered in this guideline. Medicine preferences stated in the guideline are intended to guide prescribers initiating new treatments. Patients should be able to continue their existing treatments until they and their clinician consider it appropriate to stop.

- 1. When HbA1c rises above the patients agreed target, **lifestyle advice should be reinforced prior to initiating each new treatment**. (If a patient is symptomatically hyperglycaemic, clinicians should consider insulin or sulfonylurea rescue therapy and review treatment once blood glucose control is achieved).
- 2. Before adding/switching treatments, prescribers must be satisfied that:
 - the dose of current treatment has been suitably optimised and
 - the patient is using existing treatment regularly and correctly.
- 3. Prescribers should ensure that patients are **reviewed preferably within 3 months** of initiating a new treatment (or no later than 6 months after initiation.
- 4. In accordance with NICE quality standard 5, adults with type 2 diabetes should be offered an SGLT2 inhibitor if they would benefit because of co-existing chronic heart failure, cardiovascular disease or chronic kidney disease (CKD)
- 5. Where tolerated and not contraindicated, metformin should be offered throughout the treatment pathway (including following insulin initiation).
- 6. The benefits/risks of other blood glucose lowering therapies should be reviewed at least 6 monthly.

Cost effective prescribing

- Where more than one treatment is suitable based on patient factors, prescribers should prescribe the treatment with the lowest acquisition cost.
- Review patients on modified release preparations of metformin and gliclazide to ascertain whether they could be managed on immediate release preparations.
- Despite the lower acquisition cost of sulfonylureas, the actual cost of treating patients with sulfonylureas will be higher due to the need for blood glucose monitoring. Review patients taking glibenclamide and tolbutamide to establish whether patients could be switched to gliclazide/glimepiride.
- Only consider GLP-1 mimetics/ Tirzepatide if dual therapy has failed to control HbA1c and only continue if HbA1c reduction of ≥ 1% (11mmol/mol) and weight loss of ≥3% at 6 months.
- Patients may be switched to an alternative drug in the same class on the grounds of efficacy and tolerability if the prescriber feels this is appropriate, however drugs of the same class should not be combined (e.g. 2 gliflozins or 2 gliptins).
- Clinicians should:
 - not use combinations of gliptins and GLP-1 mimetics (increased risk of pancreatic cancer for small benefit in treatment)
 - consider titrating the dose of sulfonylureas down and discontinuing in patients who have started bolus insulin therapy or if hypoglycaemia occurs on basal insulin regimens.

| | | | | | | | с <u>на</u> на на н | |
|--|---------------|---------------------------------|--|---|--|---|---|--|
| Monotherapy | | HYPOGLYCAEM | | | | | force advice on lifestyle and | |
| If confirmed HbA1c ≥ 48mmol/mol | | WEIGHT | Neutral/loss | | | adł | nerence to drug treatment | |
| (6.5%) following lifestyle interventions. | | ANNUAL CO CARDIOVASC | 111 AP | | | wh | enever a new treatment is | |
| | Metforr | nin EFFECTS | Associated cardiovascular be | | | initiat | ed. Aim to review treatment | |
| If the patient is symptomatically | | USE IN CKD STA (GFR < 60 ML) | GES 3-5 Stages 4-5 avoid, stage 3 dos (MIN) reduction may be considered | | | | | |
| hyperglycaemic, consider insulin or a | | USE IN FRAIL/E | LDERLY Suitable care in patients wit | h dehydration at risk of age-related an | oravia | | A1c preferably after 3 months | |
| sulfonylurea first line | | PATIENT | s Suitable, care in patients wit | i denyaration at hisk of age-related an | | | (max 6 months) | |
| First | ٢ | | | | | | | |
| Metformi | n + | HYPOGLYCAEMIA RISK M | Sulfonylurea | Pioglitazone | Gliptin Low | Gliflo: | zin Insulin (basal) _{High} | |
| intensification The ordering of agents in the t | able does not | WEIGHT Ga | ain | Gain | Neutral | Loss (consider if BMI > 3 | 30) Gain | |
| represent prescribing preferen | ce | ANNUAL COST < | £50 | < £50 | < £400 | < £450 Associated cardiovas | £120- £700 | |
| | | CARDIOVASCULAR AS | ssociated with increased risk of | Can cause fluid retention which may | Neutral for overall CV safety measures although slightly | particularly in patient established atheroscl | ts with | |
| If HbA1c rises to 58 mmol/mol (7.5%) despit | e 🛛 | | rdiovascular events | exacerbate or precipitate heart failure | increased rates of hospitalisation fo heart failure for saxagliptin (cannot | r cardiovascular disea | ise, chronic cardiovascular events | |
| optimisation of metformin treatment | | | | | be excluded as a class effect) | kidney disease or at r failure | risk of heart | |
| | | | | | | All agents have demo positive renal outcon | | |
| St Line Gliclazide | | USE IN CKD STAGES 3-5 | age 5 avoid, stage 4 use lowest fective dose, stage 3 no dose | Suitable for all stages (not licensed ir | No dose adjustment necessary for linagliptin, dose reductions require | studies. Dapagliflozin | n and monitoring should be intensified and | |
| Sulfonylurea 2nd Line Glimepiride | | (GER < 60 MI / MINI) | ljustment necessary | dialysis) | for other DDP-4 inhibitors | ² Empagliflozin have N in CKD. See Appendix | ICE TAs for use dose adjusted on an individual basis | |
| * Ist Line Sitagliptin | | # | | | | details | | |
| 2nd Line Linagliptin (in renal impai | | | ess suitable in frail patients due to creased risk of hypoglycaemia, if | Avoid in elderly patients likely to | Relatively safe. No dose adjustment | Risk of volume deplet hypotension higher in | | |
| Glifflozin 1st Line Canagliflozin/Dapagliflozin/Er | npagliflozin | PATIENTS us | ed dose should start low and be | have history of fractures, bladder cancer, cardiac failure | necessary based on age (unless due to renal function) | patients and those ta | king ACE- of hypoglycaemia, or assistance with | |
| 2nd Line Ertugliflozin |] [| | creased carefully | | , | inhibitors/ diuretics | administration necessary | |
| | | # Use in CKD stag | ges 3-5 section of the tac | le is intended to provide a | a summary only. For deta | lied advice pleas | se consult appendix A. | |
| Second Metformi | n + Su | Ilfonylurea | Pioglitazone | Gliptin | Glifl | ozin | N.B. The triple therapies to be used at | |
| | | | | | • | | second intensification are based on the | |
| intensification | | + | + | + | | + | licensed indications contained in the | |
| If HbA1c rises to 58 mmol/mol (7.5%) despite | | Pioglitazone OR | Sulfonylurea | Sulfonylure OR | | ylurea R | products SPCs and ADA Standards of | |
| optimisation of therapy at first intensification | | Gliptin | OR Gliptin | Pioglitazon | | | care. Some recommendations may vary from NG28 (Type 2 diabetes in adults: | |
| optimisation of therapy at hist intensincation | | OR | OR | OR | | R | management). There are variations in | |
| *Preferred drugs included in this guideline are | | Gliflozin | Gliflozin | Gliflozin | Glip | otin | the licensing of drugs in each of the | |
| based on cost, safety, inclusion on hospital | | | | OR | 0 | R | DDP-4 inhibitor and SGLT-2 inhibitor | |
| formularies and current local epact data. | | | | Insulin (basa | l) Insulin | (basal) | classes of medicines. Please consult | |
| Specialists may wish to prescribe alternative | | | | | | | individual SPCs for licensed | |
| agents where they are clinically appropriate | | | | | | | combinations. | |
| Insulin/GLP-1 mimetic therapy | | | | | | | | |
| · · · · · · · · · · · · · · · · · · · | م الموريا | acad thanan | | GLP-1 mimetic | and Tirzepatide | | | |
| If treatment optimisation and still | | ased therapy | | See guidance on pa | age 6 | | | |
| above target HbA1c. Continue to offer | | algorithm (page | | | mimetics - £700-1400, | Tirzpatide £12 | 200 -£1600 | |
| metformin and review other blood | | annual cost for b | olus insulin | | | • | n CKD stage 5 (limited experience with | |
| alugada lauraring the region | £200_400 | | | | | I I IIIIIIC (IC) I | in CRD stage 5 (initiated experience with | |

♥ | glucose lowering therapies £200-400

tirzepatide in stage 5), associated cardiovascular benefit for liraglutide/semaglutide/dulaglutide

For patients in whom metformin is contraindicated or not tolerated

| Nonotherapy | | Sulfonylurea | Pioglitazone | Gliptin | Gliflozin | Insulin (basal) |
|---|---|---|--|--|---|---|
| • • | HYPOGLYCAEMIA RISK | Moderate | Low | Low | Low | High |
| The ordering of agents in the table does | WEIGHT | Gain | Gain | Neutral | Loss (consider if BMI > 30) | Gain |
| not represent prescribing preference | ANNUAL COST | < £50 | < £50 | < £400 | < £450 | £120- £700 |
| If confirmed HbA1c ≥ 48mmol/mol (6.5%) following lifestyle | CARDIOVASCULAR EFFECTS | Associated with increased risk of cardiovascular events | Can cause fluid retention which may exacerbate or precipitate heart failure | Neutral for overall CV safety measures although slightly increased rates of hospitalisation for heart failure for saxagliptin (cannot be excluded as a class effect) | Associated cardiovascular benefit particularly in patients with established atherosclerotic cardiovascular disease, chronic kidney disease or at risk of heart failure | Associated with increased risk of cardiovascular events |
| interventions. If the patient is symptomatically | USE IN CKD STAGES 3-5 (GFR < 60 ML/MIN) # | Stage 5 avoid, stage 4 use lowest effective dose, stage 3 no dose adjustment necessary | Suitable for all stages (not licensed in dialysis) | No dose adjustment necessary for linagliptin, dose reductions required for other DDP-4 inhibitors | All agents have demonstrated positive renal outcomes in clinical studies. Dapagliflozin and Empagliflozin have NICE TAs for use in CKD. See Appendix A for further details | Suitable for all stages, blood glucose monitoring should be intensified and dose adjusted on an individual basis |
| hyperglycaemic, consider insulin or a sulfonylurea first line | USE IN FRAIL/ELDERLY PATIENTS | Less suitable in frail patients due to increased risk of hypoglycaemia, if used dose should start low and be increased carefully | Avoid in elderly patients likely to have history of fractures, bladder cancer, cardiac failure | Relatively safe. No dose adjustments necessary based on age (unless due to renal function) | Risk of volume depletion and hypotension higher in frail/elderly patients and those taking ACE- inhibitors/ diuretics | Long acting insulin preferred in frail patients where there is a higher risk of hypoglycaemia, or assistance with administration necessary |

Reinforce advice on lifestyle and adherence to drug treatment whenever a new treatment is initiated. Aim to review treatment and HbA1c preferably after 3 months (max 6 months)

First intensification Sulfonylurea **Pioglitazone** Gliflozin Gliptin If HbA1c rises to 58 mmol/mol (7.5%) despite optimisation of monotherapy Pioglitazone Sulfonvlurea Sulfonvlurea Sulfonvlurea OR OR OR OR *Preferred drugs included in this guideline are based on Gliptin Pioglitazone Pioglitazone Gliptin cost, safety, inclusion on hospital formularies and current OR OR OR OR local epact data. Specialists may wish to prescribe Gliflozin Gliflozin Gliflozin Gliptin alternative agents where they are clinically appropriate OR OR Gliclazide 1st Line Sulfonvlurea Insulin (basal) Insulin (basal) 2nd Line Glimepiride 1st Line Sitagliptin N.B. The dual therapy options at first intensification are based on the licensed indications contained in the products SPCs. Some recommendations may vary Gliptin 2nd Line Linagliptin (in renal impairment) from NG28 (Type 2 diabetes in adults: management). There are variations in the licensing of some drugs. Please consult individual SPCs for licensed 1st Line Canagliflozin/ Dapagliflozin / Empagliflozin * Gliflozin combinations. 2nd Line Ertugliflozin

OR

Second intensification

If HbA1c rises to 58 mmol/mol (7.5%) despite optimisation of therapy at first intensification

Insulin based therapy

See insulin algorithm (page 7) Additional annual cost for bolus insulin £200-400

GLP-1 mimetic and Tirzepatide See guidance on page 6

Annual cost GLP-1 mimetics - £700-1400, Tirzpatide £1200 -£1600

Low risk of hypo, reduce weight, avoid GLP-1 mimetics in **CKD stage 5** (limited experience with tirzepatide in stage 5), associated cardiovascular benefit for liraglutide/semaglutide/dulaglutide.

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Guidance for use of GLP-1 mimetics and Tirzepatide

NICE Criteria for GLP-1 mimetics and Tirzepatide

BMI > 35kg/m² and specific psychological or medical problems associated with obesity

OR BMI < 35kg/m² and insulin would have significant occupational implications

OR weight loss would benefit other obesity-related comorbidities.

Oral GLP-1 mimetic is recommended for patients who are unable to use subcutaneous formulations or patients who prefer oral administration. GLP-1 mimetic in combination with insulin only on advice of specialist with ongoing support from a consultant-led multidisciplinary team

Local Criteria for the use of GLP-1 mimetics and Tirzepatide

Preference of agent should be decided based on the clinician's judgement about patient characteristics. Local specialists have suggested the following:

- 1. Semaglutide (or other available GLP-1 RAs) may be preferred in patients with lower BMIs e.g. < BMI 35 kg/m² or patients who have established CVD or are at high risk of CV events and require an agent with proven CV benefit.
- 2. Tirzepatide may be preferred in patients with higher BMIs e.g. > BMI 40 kg/m² or who despite optimisation of all other therapies still require further glycaemic control.

Please note: Rybelsus® (semaglutide) tablets are now available in sufficient quantities to support initiation of GLP1 RA treatment in people with type 2 diabetes (T2DM) in whom new initiation of GLP-1 RA therapy would be clinically appropriate.

Review and stopping treatment

- Careful consideration MUST be given to stopping GLP-1 mimetics and tirzepatide if ineffective or not tolerated (evidence of poor tolerance as dose escalates). GLP-1 mimetics and tirzepatide should be reviewed after 6 months, and the deprescribing of other agents, e.g. sulfonylureas and gliptins, should be considered where possible.
- As a minimum expectation, it is recommended that GLP-1 mimetics and tirzepatide are only continued if the adult with type 2 diabetes has
 had a beneficial metabolic response (a reduction of at least 11 mmol/mol [1.0%] in HbA1c and weight loss of at least 3% of initial body
 weight in 6 months).

Insulin-based treatment in type 2 diabetes

are clinically appropriate

Insulin therapy should be commenced by a healthcare professional who is appropriately trained and experienced in the initiation of insulin.

GLP-1 mimetic in combination with insulin only on advice of specialist with ongoing support from a consultant-led multidisciplinary team

| | Offer NPH (isophane) insulin once or twice daily – Humulin I KwikPen Monitor patients who are on a basal insulin (and pre-mixed insulin) for the need for short-acting insulin before meals | Preferred biphasic treatment | Offer pre-mixed (biphasic) human insulin if HbA1c > 75mmol/mol (9.0%)* 1 st line – Humulin M3 KwikPen |
|------------------------------------|--|---|--|
| Alternative basal treatments | Consider insulin glargine (1 st line – Abasaglar KwikPen)/detemir (2 nd line – Levemir FlexPen) if: | | preferred patients may be started on rate NPH and short acting insulin |
| | Patient needs assistance to inject insulin or lifestyle is restricted by recurrent symptomatic hypoglycaemic episodes or Patient would otherwise need twice-daily NPH insulin + oral antihyperglycaemic agents | ↓ Alternative biphasic treatment | Consider pre-mixed preparations that include short-acting analogues (rather than short acting human insulin) |
| Patient is e with their | may exceptionally consider initiating insulin degludec if: experiencing poor glycaemic control or recurrent hypoglycaemic episodes existing long-acting insulin analogue or inable to take basal insulin at the same time each day | | if: Patient prefers injecting before a meal or Blood glucose levels rise markedly after meals or Hypoglycaemia is a problem |
| | 5 may consider high strength formulations (Toujeo or Tresiba 200) if: encing symptomatic nocturnal hypoglycaemia whilst being treated with a first line long-acting insulin analogue | safety, inclusion | 1 st line – NovoMix 30 FlexPen 2 nd line – Humalog Mix KwikPen s included in this guideline are based on cost, on hospital formularies and local epact data. vish to prescribe alternative agents where they |

When starting insulin, use a structured programme and continue metformin for people without contraindications or intolerance. Review the continued need for other blood glucose lowering therapies. Prescribers should consider selection of cost-effective insulins (biosimilars) and reusable cartridge pens (penfills) as a sustainable alternative to disposable pens

| fer pre-mixed (biphasic) uman insulin if HbA1c > 75mmol/mol (9.0%)* 1 st line – Humulin M3 KwikPen | Preferred bolus insulin treatment | Offer a choice of rapid- acting insulin analogues 1 st line – Apidra SoloStar 2 nd line – Humalog KwikPen 3 rd line – Trurapi SoloStar | |
|---|--|--|--|
| ed patients may be started on PH and short acting insulin | ↓ Alternative | Consider Fiasp (insulin | |
| Consider pre-mixed eparations that include hort-acting analogues | bolus insulin treatment | aspart) or Lyumjev (insulin lispro) exceptionally if patient not managed on | |
| ather than short acting human insulin) | | existing bolus insulin and: | |
| if: Patient prefers injecting before a meal or Blood glucose levels rise markedly after meals or Hypoglycaemia is a problem line – NovoMix 30 FlexPen line – Humalog Mix KwikPen | | The prescriber believes a faster onset of action would be beneficial to the patient or A patient requires "tight" control of blood glucose levels or A patient has rapid post meal increases in blood glucose levels | |
| ed in this guideline are based on cost, | Patients current | ly receiving insulin products other | |

than those recommended in this guideline should still continue their treatment unless their clinician considers it appropriate to stop.

Appendix A

Impact of renal function on antihyperglycaemic treatment

| | CKD stage 1 and 2 GFR ≥ 60 mL/min | CKD stage 3a GFR 45- 59 mL/min | CKD stage 3b GFR 30- 44 mL/min | CKD stage 4 GFR 15-29 mL/min | CKD stage 5 GFR < 15 mL/min or dialysis | |
|--|---|---|---|---|--|---|
| Metformin | < 89 mL/min - dose reduction may be considered | | acidosis before initiation. Reduce ≤ 1/2 maximum dose) | Not recommended | at GFR < 30mL/min | |
| Glimepiride | | | | | Change over to insulin is indicated | |
| Gliclazide | | | | Change over to i | nsulin is indicated | No dose adjustment |
| Sitagliptin | | | Reduce dose to 50mg if GFR < 45 mL/min | Reduce dose to 25n | ng if GFR < 30mL/min | Dose adjustment necessary |
| Alogliptin | | Reduce dose to 12.5 | mg if GFR < 50 mL/min | Reduce dose to 6.25 | mg if GFR < 30mL/min | Not recommended |
| Linagliptin | | | | | | |
| Saxagliptin | | | Reduce dose to 2.5mg for mode | rate to severe renal impairment | Not recommended in end-stage renal disease requiring haemodialysis | |
| Vildagliptin | | | Reduce dose to 50mg onc | e daily if GFR < 50 mL/min | | |
| Pioglitazone | | | | | Not licensed for dialysis patients | |
| Empagliflozin Type 2 diabetes only) | | Initiate/maintain on 10mg if GFR < 60 mL/min, if GFR falls below ml/min, additional glucose lowering treatment should be considered | | | led if < 20mL/min | |
| Empagliflozin Heart failure+/- ype 2 diabetes) | GFR≥ 2 | 0mL/min Recommended daily do: | ded daily dose 10 mg Not recommended if < 20mL/min | | | |
| Canagliflozin | Initiate with 100 mg . In patients tolerating 100 mg and requiring additional glycaemic control, the dose can be increased to 300 mg . | Use 10 | 10 mg * | Continue 100 mg for patients already taking canagliflozin Do not initiate. Continue dosing until dialysis or renal transplantation. * | | * In patients with urinary albumin /creatinine ration > 300 mg/g |
| Dapagliflozin | | | If GFR falls below 45 mL/min/1.7 treatment shoul | 3m2, additional glucose lowering d be considered | Do not initiate if GFR < 15 mL/min | |
| Ertugliflozin | | eGFR ≥ 45 to < 60 mL/min initiate at 5 mg and up-titrate to 15 mg as needed for glycaemic control. | Initiation not recommended if | | | |
| Liraglutide | | | | | | |
| Exenatide MR | | | | | | |
| Dulaglutide | | Not recommended for use in end stage renal disease | | | | |
| Semaglutide | | | | | Not recommended for use in end- stage renal disease | |
| Tirzepatide | | | | | Caution in end stage renal disease and dialysis | |
| Insulin | | Requirements may re | duce in renal disease, monitor and a | adjust dose accordingly | | |

Appendix B –

GLP-1 patient plan(word version of this document available at https://www.lancas

hireandsouthcumbr iaformulary.nhs.uk/ chaptersSubDetails. asp?FormularySecti onID=6&SubSectio nRef=06&SubSectio nID=A100&FC=1)



Patient agreement form – GLP-1 agonists for Type 2 diabetes

At your appointment today we have agreed to start treatment with <u>one of the following</u> medicines to help manage your type 2 diabetes:

- Liraglutide
- Dulaglutide (Trulicity)
- Semaglutide (Ozempic)
- Tirzepatide (Mounjaro)

These medicines all work in a very similar way and are sometimes known as GLP-1 agonists. Further information on how to use the device and any side-effects you should be aware of is included in the patient information provided with your medicine supply.

Although these medicines are given as an injection, they work in a different way to insulin. However, they should help reduce your blood glucose levels and may also help you lose weight, especially if you follow a healthy diet and take regular exercise.

Please ask your diabetes nurse if you would like further information on the use of these medicines to treat type 2 diabetes or help and support with losing weight.

These injections do not work for everyone and if left unchecked may not be the best use of NHS resources. We therefore need to regularly monitor whether they are being effective.

Jn order to do this, we follow the guidance from the National Institute for Health and Care Excellence (NICE). This states that treatment with these medicines should only be continued after 6 months *if a patient sees a reduction in their HbA1c (measurement of long-term blood sugar control) of 11mmol/mol (in the old number system that is about 1% HbA1c) and a reduction in their weight of 3% or more.*

If the GLP-1 agonist injection we have agreed to start today does not provide these beneficial outcomes after 6 months, we will need to consider alternative options to manage your condition and stop the GLP1 agonist injection.

If treatment is continued after 6 months, we will continue to monitor your HbA1c and weight on a regular basis. If the beneficial effects are not maintained, then again, we will need to consider alternative options to manage your condition and then stop the GLP 1 agonist injection.

PATIENT AGREEMENT:

The information overleaf has been explained to me and I understand that treatment with GLP1 agonist will be stopped and alternative options considered if the beneficial effects on my weight and HbA1c are not achieved after 6 months or continued long-term.

| | | Today | 6 month's target |
|------|--|----------------------|---------------------|
| | Weight (3% loss needed by 6 months) | | |
| | HbA1c | | |
| | (11mmol/mol (1%) reduction needed by 6 months) | | |
| | eGFR | | To be measured in 6 |
| | (To check your kidney function) | | months |
| Pati | ent Name: F | atient Signature: | |
| Clin | ician Name: (| Clinician Signature: | |
| Dat | e: Date of | 6-month review: | |
| lt | you have any questions or problems | with your treatment, | please contact: |
| Ν | lame: | | |
| C | contact number: | | |
| | Please give a copy to the patient an If treatment is started by hospital ci patient's GP | | - |

References

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- 9. Davies MJ et al. Management of hyperglycaemia in type 2 diabetes, 2018. A consensus report by the American Diabetes Association (ADA) and the European Association for the Study of Diabetes (EASD). Diabetologia vol. 61, issue 12, 2461-2498, 2018.

The Summary of Product Characteristics for all medicines included in the guideline have been consulted when including product specific information.