ABSTRACT

Initiation of insulin therapy is challenging in the primary care setting without nursing support. Doctors have to prepare their practices to deal with these challenges in order not to delay insulin therapy when needed.

Keywords: insulin therapy, challenges, strategies

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Insulin Therapy in Type 2 Diabetes Mellitus

Insulin therapy is initiated for patients early in their course of diabetes to relieve symptoms of severe hyperglycaemia or in the hope of achieving remission and during the course of diabetes to attain optimal control. In the specialist outpatient setting, successful initiation of insulin therapy is very much dependent on having dedicated diabetes nurse educators (DNE) who would ensure the smooth transition of the therapy for the patient and the doctor. With the increasing prevalence of diabetes in Singapore, most patients with Type 2 Diabetes Mellitus (T2D) are now receiving their care in the community. The initiation of insulin in the polyclinics is facilitated by nurses trained in diabetes management who can assist with the initiation, optimisation and intensification of the therapy. For family practices that are not often supported by DNE, initiation of insulin therapy may be challenging. This article hopes to share some clinical pointers to help these doctors prepare their practices for their patients who require insulin therapy.

A good resource that can be obtained easily online is the Royal College of Nursing booklet on “Starting injectable treatment in adults with Type 2 diabetes”. The chapter on a step-by-step guide to insulin therapy includes details on first appointment/first injection, choosing a delivery device, teaching injection technique, choosing injection site, rotating injection sites, timing of injection, insulin dosage, storage and checklist. The following chapter on essential education elaborates on the use of this mnemonic.

In preparation for the conversation on insulin therapy with the patient, it is recommended that the practice gathers together the armamentarium or tool kit required for the education and support of insulin therapy. This could include:

1. Blood glucose monitoring (BGM) gadgets – glucometer, strips, lancets (include safety lancets that do not require a separate lancing device), lancing device, record book, swabs, and sharps disposal. If available, Flash (intermittent) continuous glucose monitoring demonstration kit or online video.
2. Insulin therapy gadgets: vial, disposable prefilled pens, self-fill pens, syringes (30, 50, 100cc; 6 and 8mm), pen needles (gauge 31-33, length 4, 5 and 6mm), insulin wallets, sharps disposal, and swabs.
3. Written information on instructions for insulin dose and time, delivery device, rotating sites, hypoglycaemia management and sick day management.
4. Travel advice and letter for airport securities.

The doctor should be prepared to spend time to proactively engage and work with the patient to deal with the challenges faced with insulin therapy. These anticipated barriers and challenges could be explored with the patient early on and during the course of diabetes to ensure timely initiation of insulin therapy when required. The doctor should be careful not to use insulin therapy as a threat for poor control but rather as an effective therapeutic option. The mnemonic PICK DMP is a useful reminder of the common barriers and challenges encountered. The table below elaborates on the use of this mnemonic.

Table 1: Common barriers in insulin initiation and proposed strategies

<table>
<thead>
<tr>
<th>Challenges/Barriers</th>
<th>Assess</th>
<th>Strategies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pain</td>
<td>It is going to be painful.</td>
<td>If the fear is perceived or real; show range of needles currently available (smallest: 31 gauge 33G x 4-5 mm) as compared to those used for drawing of blood (36 – 21 G x 12 – 40mm). Demonstrate how insulin is administered. Share experiences of others/self. Offer trial injection. Offer insulin port or pump for those on multiple dose injections.</td>
</tr>
<tr>
<td>Inconvenience</td>
<td>It will disrupt my lifestyle.</td>
<td>Current and desired lifestyle – daily activities at home, work (shift work or school); meal times – regularity; driving leisure; physical activity; travel; fasting needs; storage – fridge at home; insulin wallets. Demonstrate the convenience of insulin pens. Offer to initiate regimen that will lead to least disruption.</td>
</tr>
<tr>
<td>Cost</td>
<td>It is going to be expensive.</td>
<td>Cost of current oral therapy, financial status, eligibility for funding. Understanding of cost of complications Offer cost saving measures or funding application.</td>
</tr>
</tbody>
</table>
Table 2: FITT model for BGM

<table>
<thead>
<tr>
<th>Targets – to be individualised</th>
<th>Frequency</th>
<th>Intensity</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before and 2 hours after meals &amp; BT</td>
<td>Daily for 3 days</td>
<td>2 points</td>
<td>BT &amp; FBG</td>
</tr>
<tr>
<td>Pre-meal BG &lt;7 mmol/L; post-meal BG &lt;10 mmol/L</td>
<td>Once a week</td>
<td>2 points</td>
<td>FBG &amp; PD</td>
</tr>
<tr>
<td>FBG: 4 – 7mmol/L; BT 7 – 10 mmol/L</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>FBG: 5 – 8mmol/L; PD: 5 – 8mmol/L</td>
<td>On off days or weekend</td>
<td>2 up to 7 points</td>
<td>Before and 2 hours after meals &amp; BT</td>
</tr>
<tr>
<td>FBG: 4 – 7mmol/L; BT 7 – 10 mmol/L</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Legend: FBG: fasting blood glucose; PD: pre-dinner; BT: bedtime

Figure 1: Examples of glycaemic profiles and proposed clinical management

- **All day hyperglycaemia**
  - BGM: BT & FBG
  - Insulin: Basal insulin – once a day either morning or bedtime

- **Daytime hyperglycaemia**
  - BGM: FBG, Pre-lunch and Pre-dinner
  - Insulin: Premixed (30/70) at breakfast

- **Predominant postprandial hyperglycaemia.**
  - BGM: Pre-meal & mid-day
  - Insulin: Premixed (50/50) at culprit meal

- **Predominant postprandial hyperglycaemia.**
  - BGM: Pre and post-meal
  - Insulin: Prandial insulin

Insulin prescription is made easier if the doctor can figure out the glycaemic profile of the patient. A prescription of BGM to be performed by the doctor, patient or caregiver should first be given to evaluate the glycaemic profile of the patient. It can be done using the FITT model as illustrated below:

**Myth**

- If I go on insulin, I’ll lose a foot, my kidney or end up dying.
- If I start, I will need to continue for life.

- Source of information; level of fears and misunderstanding.
- Understanding of hyperglycaemia as cause of complications and need to achieve glycaemic targets.
- Understanding of sick day management and risk of hypoglycaemia.
- Understanding of need for insulin in Type 2 Diabetes – insulin deficiency and insulin resistance.
- Understanding of benefits of early initiation of insulin.
- Offer evidence from trials with regards to safety and efficacy of insulin therapy; other patient’s testimonies; peer support group.
- Reinforce sick day management and hypoglycaemia management.

**Phobia**

- I can’t possibly give myself an injection.
- I’ll have low sugar reactions.
- I’ll get fat.

- Understanding of action of insulin, why hyperglycaemia happens, how to avoid and manage if it happens. Ability to manage hypoglycaemia.
- Indication for insulin, fear of weight gain and understanding of reason for weight gain and measures to avoid excessive weight gain.
- Offer to refer to a psychologist. Caregiver to perform jabs. Offer auto-injector, insulin port. Offer measures to reduce risk of hypoglycaemia – start with low dose and close monitoring of response and review during optimisation of therapy. Offer measures to reduce weight gain – lifestyle advice, concomitant use with SGLT-2 inhibitors, GLP-RA and metformin.

**Denial**

- I’ll try harder; I don’t need this yet.
- I feel fine.

- Understanding of diabetes as a “silent killer”, concept of HbA1c as predictor of complication, progression of diabetes and failure of oral agents (not patient’s failure).
- Offer individual or group education, peer support. Stage approach to initiation of insulin – raise awareness and understanding of glycaemic levels and desired targets through SMBG training and interpretation. Offer trial of insulin with review date.
In summary, insulin therapy is an important and effective therapeutic option in the management of Type 2 diabetes. Initiation, optimisation and intensification will be challenging if doctors are not prepared to deal with the challenges. With careful preparation as proposed above, insulin therapy can be initiated safely and effectively even in primary care setting.

REFERENCES:

RECOMMENDED READINGS:

LEARNING POINTS
- Insulin therapy should be introduced as an effective therapeutic option and not used as a threat for poor control.
- Challenges faced with insulin therapy should be managed with patients early in their course of diabetes.
- Clinicians have to be prepared to deal with the challenges faced with insulin therapy.

Desired blood glucose levels after initiation of insulin therapy: