



AUSTRALIAN DIABETES SOCIETY & AUSTRALIAN DIABETES EDUCATORS ASSOCIATION SCIENTIFIC MEETING 2013

Catherine Hanrahan reports

Training may improve insulin initiation

GPs who lacked confidence initiating insulin in patients with type 2 diabetes were significantly less likely to refer to an endocrinologist after completing RACGP training on insulin initiation, conference delegates heard.

Diabetes educator Rosemary Macro told the Australian Diabetes Society and Australian Diabetes Educators Association annual meeting in Sydney last week that of 1300 GPs who attended the course, only 13% felt confident initiating insulin beforehand.

Afterwards 80% reported feeling very confident about initiating insulin therapy.

A quarter of GPs who participated in the 10-hour weekend course said they would refer patients to an endocrinologist for insulin initiation before the training. After the training, just 0.4% said they would refer to an endocrinologist.

While only 24% of GPs reported feeling confident about uptitrating insulin beforehand, 88% said they felt confident after the training.

Overall, the training helped



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Initiating insulin

- Very confident to initiate insulin:
Before: 13% **After:** 80%
- Would refer to endocrinologist for insulin initiation:
Before: 28% **After:** 0.4%
- Very confident to uptitrate insulin:
Before: 24% **After:** 88%
- Very confident to uptitrate quickly:
Before: 14% **After:** 75%
- 92% said the program overcame their barriers to prescribing insulin
- 87% said they would change their clinical practice after the program

92% of GPs overcome their own barriers to prescribing insulin.

Some 87% considered it very likely they would change their clinical practice as a result of attending.

Ms Macro, from Rockingham General Hospital in WA, said the course increased GP confidence

and intent to initiate, uptitrate and better manage insulin therapy in their type 2 diabetes patients.

“With 787,000 Australians currently diagnosed with diabetes, there’s a finite number of diabetes clinics to manage this.

“GPs will increasingly need to

initiate and do the planning for patients with type 2 diabetes on insulin,” she told delegates.

“Through reinforcement of evidence-based guidelines and peer-to-peer training in using a simple step-by-step process for initiating and uptitrating insulin, not only were GPs’ barriers

to insulin therapy improved but participants realised they had an important role in managing type 2 diabetes patients on insulin,” she said.

The program, developed by GPs, endocrinologists and credentialled diabetes educators, is ongoing and is funded by Sanofi.