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Efficacy of insulin analogues in diabetic patients attending primary care centers

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Objectives: To measure the efficacy of new insulin analogues compared to the conventional types of insulin and to compare their effects on the patient satisfaction regarding their weight changes and the frequency of hypoglycemic episodes.

Methods: In this retrospective cohort study, data were collected from the medical records of 122 eligible diabetics on insulin therapy and attending government primary care health centers, regarding the efficacy, safety and patient satisfaction about the types of insulin therapy used for their treatment.

Results: After 12 weeks, there was a drop in the means HBA1c of (-0.88) for the analogue type versus (-0.19) for the conventional type, and at 24 weeks, the mean drop in the HBA1c was (-2.02) for the analogue type versus (-1.12) for the conventional type but the differences were not statistically significant. 87% of those on analogues were satisfied compared to 38% on the conventional insulin.

Conclusion: Insulin analogues are the preferred choice for the new insulin users in primary health care settings, and those on conventional insulin should be counseled for conversion, while their preferences should be respected.

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