

European Endocrinology and **DIABETES CONGRESS**

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Key principles that should be followed when physicians initiate and titrate basal insulin analogue: From a call for basal insulin titration in patients with Type-2 Diabetes in daily practice: Southeast European perspective - Expert opinion**Nicolae Hancu^{*}, Andrej Janez, Nebojsa Lalic, Nikolaos Papanas, Dario Rahelic, Gabriela Roman, Cristian Serafinceanu, Nikolaos Tentolouris, Blaz̃enko Vukovic, Agron Ylli, Tsvetalina Tankova;***Regina Maria Clinic, University of Medicine and Pharmacy Iuliu Hatieganu, Cluj Napoca, Romania*

Statement of the Problem: Therapeutic inertia, especially in titration of basal insulin, is a significant problem in daily practice in Southeast European countries. Leading experts from Southeast European countries held a consensus-seeking meeting to review the current status of insulin initiation after non-insulin treatment and the potential barriers to insulin titration. The purpose of this expert opinion paper: was to provide to outpatient physicians with the detailed steps of insulin initiation and the patient characteristics that should be considered when choosing injectable therapies and also a basal insulin titration guide for the patients that help basal insulin titration. In this abstract will be presented the steps that a HCPs could follow when started basal insulin analogue. Methodology: After a kick-off meeting where were discussed current daily practices of insulin initiation and titration in expert countries and key principle of insulin initiation and titration by HCPs and for patients the experts had 3 weeks to share their opinions, answer the raised questions, and send feedback to the other experts in an online application provided by Sanofi. After closing the online discussion, a draft report was prepared and circulated among the experts for review and comments.

Results: Key Principles That Should Be Followed When Physicians Initiate and Titrate BIA: The experts defined four steps from patient selection to stopping titration that physicians should consider when initiating and titrating a BIA from step1: preparing for initiation to step 4: stop titration. Conclusion: Acknowledging the major problem of clinical inertia in SEE countries in basal insulin regimen-treated patients led experts from these countries propose a guide to be followed by the treating physicians to increase the probability of reaching the glycaemic goal in a real-life setting in a safe manner.

Biography

Nicolae Hancu, Professor Emeritus of the University of Medicine and Pharmacy "Iuliu Hațieganu" Cluj-Napoca, Romania has a scientific activity carried out in the following fields: clinical lipidology, clinical management of type 2 diabetes, global cardiovascular risk, abdominal obesity, nutrition. Author and co-author of over 300 scientific papers published in the country and abroad, 19 monographs or treatises (author or co-author), contributor to 16 books. National Leader in 6 international, multicenter clinical trials and principal investigator and sub-investigator in over 50 multicenter, international clinical trials. Honorary Member of the Romanian Academy, member in boards of national and international societies (EASD and European Society of Obesity), visiting professor in universities from Europe and US received numerous national awards.

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