

Intro to Starting Insulin in Type 2 Diabetes

...without losing sleep at night



= new for 2013 guidelines

Simon Moore MD CCFP
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simon@simonmoore.ca



Photo: Flickr (Jill A. Brown)

The risk of severe hypoglycemia in type 2 diabetes is MINIMAL and should NOT be used as an excuse for failing to achieve glycemic goals.

J. Diabetes Care 19(4):161-167

Tips For Your Office

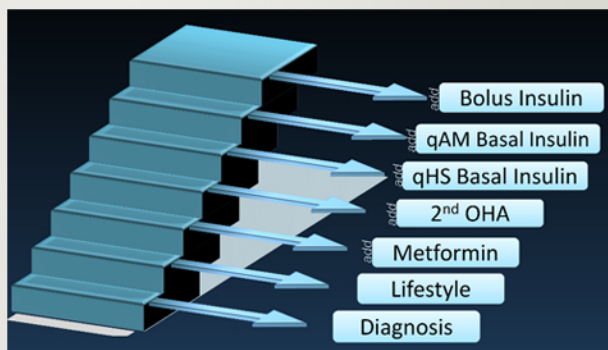
- Post a sign:

"Interested in losing weight? Ask me!"

- If A1C > ~~X~~ 8.5 then take 2 intervention steps on the ladder (see below)

- **First 3 steps on the ladder can now be combined in first visit**

- Write out your instructions



Insulin Prescribing Checklist

Available online:

Search Google for "*OCFP Insulin*"

Asking your patient,

"What did I tell you today?"

is correlated with an improvement in A1C

OR 8.96, 95% C.I. 1.1-74.9, P=0.02

Arch Int Med 2003; 163(1) 83-90

Tips For Your Patients

- 4mm needles are just as effective as 6mm
Gibney et al., CMRO 2010

- Juice box by the bed for nighttime lows

- Increase patient buy-in: Suggest a one-month trial

KSP U of T 2008