Guidance on the Management of Type 2 Diabetes 2011

Early identification of patients at high risk of diabetes-related complications

Approach to setting treatment targets

Better management of raised blood pressure and microalbuminuria

Improved glycaemic control

Endorsed by:

New Zealand Society for the Study of Diabetes

New Zealand Guidelines Group
Promoting Effective Health and Disability Services
Statement of intent

While this guidance represents a statement of best practice based on available evidence and advisory group consensus (at the time of publishing), it is not intended to replace the health practitioner’s judgment in each individual case.

Care decisions should consider the following:

• the individual’s clinical state, age and comorbidities
• personal preferences and preferences of family/whānau
• current best practice based on the latest available research evidence.

Citation


Access to the guidance

This resource has been prepared as a standalone, downloadable guidance document on the management of type 2 diabetes. The content is also included in the New Zealand Primary Care Handbook 2011. Copies of the Handbook 2011 can be ordered or downloaded at www.nzgg.org.nz from late 2011.

Other published resources include a primary care practitioner summary resource (Quick Card), an RNZCGP-accredited CME unit and presenter slides for use by educators. These are available free online at www.nzgg.org.nz.
Contents

About this guidance .............................................................................................................. 2

Early identification of patients at high risk of diabetes-related complications ................................................................. 3

Approach to setting treatment targets .............................................................................. 7

Better management of raised blood pressure and microalbuminuria ......................................................... 8

Improved glycaemic control ............................................................................................. 11

Self-monitoring blood glucose .......................................................................................... 12

Insulin initiation .................................................................................................................. 15

Appendices ....................................................................................................................... 21

Appendix A: Members of the NZGG Diabetes Advisory Group ........................................... 22

Appendix B: The New Zealand Cardioprotective Dietary Pattern ......................................... 25

Appendix C: Recommended method of blood pressure measurement ........................................ 29

Appendix D: Conversion table for HbA1c formats ................................................................. 30

Appendix E: Addressing patient concerns about insulin therapy ........................................ 32

Appendix F: Patient education checklist: initiation of insulin therapy ................................ 34

Appendix G: Monitoring blood glucose profile .................................................................... 36
About this guidance

This guidance on the management of type 2 diabetes has been developed for use in primary care. It addresses three identified priority areas in the management of type 2 diabetes:

• early identification of patients at high risk of diabetes-related complications
• better management of raised blood pressure and microalbuminuria
• improved glycaemic control (including insulin initiation).

This guidance document and other related resources summarise evidence-based practice in diabetes management in algorithms and other tools designed to support clinical practice. The resources draw in particular on SIGN guideline 116 Management of Diabetes 2010 www.sign.ac.uk, which was assessed as being of appropriate quality and relevance to New Zealand. The specific content has been developed by a Diabetes Advisory Group convened by the New Zealand Guidelines Group (NZGG). Details of the NZGG Diabetes Advisory Group membership are included in Appendix A.

Development of this guidance was initiated and funded by the Ministry of Health, with NZGG contracted to produce this targeted revision of existing guidance for the management of type 2 diabetes with its focus on improving specific patient outcomes.

For further details of the development of the guidance see Management of Type 2 Diabetes Evidence Summary for Four Priority Areas.
Early identification of patients at high risk of diabetes-related complications

Determining level of risk for macrovascular and microvascular complications is a key component of treatment planning and target setting for each individual with type 2 diabetes.

- The risk of complications varies greatly across the diabetic population.
- The aim is prevention of complications, especially targeting those at high risk.
- Patients with existing complications (eg, foot, eye, kidney or cardiovascular disease) are in a high-risk category and should be managed intensively.

Figure 1 provides information to assist the identification of people with diabetes at high risk of complications. This risk appraisal is of overall risk for microvascular and macrovascular complications.

People identified as being at high risk of complications should receive more intensive intervention and follow-up. Appropriate management of those identified as being at moderate to high risk of diabetes-related complications is outlined in Figure 2. This includes guidance for ongoing clinical review of risk factors and identification of complications. Specific risk factors for foot complications are listed in the following box titled: Identifying high risk feet.
**Figure 1** Determining level of risk for diabetes-related complications

### Low risk
- HbA1c 50–55 mmol/mol*
- BP <130/80 mm Hg*
- ACR <2.5 mg/mmol in men or <3.5 mg/mmol in women
- eGFR ≥60 ml/min/1.73m²*
- Lipids: triglycerides <1.7 mmol/L, total cholesterol <4.0 mmol/L
- Non-smoker
- Attends at least 6-monthly review of HbA1c and blood pressure; annual review of lipids, ACR, eGFR and foot check. Two-yearly retinal screening

### Moderate to high risk
- HbA1c >55 mmol/mol.* Risk increases incrementally with increasing HbA1c
- BP ≥130/80 mm Hg*
- ACR ≥2.5 mg/mmol men, or ≥3.5 mg/mmol in women
- eGFR <60 ml/min/1.73m²*
- Lipids: triglycerides ≥1.7 mmol/L, total cholesterol ≥4.0 mmol/L
- Current smoker
- Ethnicity (Māori, Pacific Islander, South Asian)
- Moderate retinopathy (R3), mild maculopathy (M3) – in either eye
- More than one year since diabetes last reviewed or poor adherence or attendance

### High risk = 3 or more risk factors
- previous cardiac event or stroke/TIA
- eGFR <45 ml/min/1.73m² and/or ACR >30 mg/mmol
- severe retinopathy (R4), moderate maculopathy (M4) – in either eye
- previous amputation/ulceration
- peripheral arterial disease or previous leg vascular surgery

* Consider patient age. In younger people, tighter control should be considered given their higher lifetime risk of diabetes-related complications. Evidence suggests that a blood pressure target <120 mm Hg may be harmful. Care should be taken to estimate likely treatment response for patients when BP approaches the target of <130 mm Hg.

### Increasing risk for diabetes-related complications

#### Existing complications
These place the person at **high risk** of developing more severe and/or additional complications:
- previous cardiac event or stroke/TIA
- eGFR <45 ml/min/1.73m² and/or ACR >30 mg/mmol
- severe retinopathy (R4), moderate maculopathy (M4) – in either eye
- previous amputation/ulceration
- peripheral arterial disease or previous leg vascular surgery

The aim of this chart is to assist the identification of people with diabetes at moderate to high risk of diabetes-related complications with a view to more intensive intervention and follow-up. The content of the chart is evidence-based. The quantification of risk reflects the consensus of the Diabetes Advisory Group convened by the New Zealand Guidelines Group.
**Figure 2**  
Management of people at moderate to high risk of diabetes-related complications

Urgent and intensive management is indicated to improve modifiable risk factors.  
More frequent follow-up is recommended during treatment changes or if the parameter is much higher than target.  
Management plan decisions should take into account patient preference, likely patient adherence and resource availability.

### Lifestyle advice
- Offer evidence-based dietary advice including achievable goals (note 1). Dietitian advice should be sought if available.
- Offer evidence-based advice on exercise including achievable goals (note 1).
- Offer ABC smoking cessation advice (note 2).

### Medication adjustment/intensification
- Improve glycaemic control* with adjustment of oral medication +/- insulin  
  * Refer to figure 4
- Control blood pressure** through medication adjustment  
  ** Refer to figure 3
- Improve lipid control with the use of statins (note 3).

### Ongoing clinical review
- Monitor blood pressure, HbA1c and eGFR 3 monthly
- Monitor ACR 6 monthly (note 4)
- Review annually: weight, peripheral neurovascular status, cardiovascular status (clinical examination and cardiovascular risk calculation), feet. Review feet 3 monthly if at high risk for foot complications.
- Screen retina 2 yearly as a minimum, at least annually if diabetic retinopathy present.
- Seek specialist advice for newly-diagnosed complications or treatment resistance.

### Practice management
- Access long-term conditions funding to develop a wellness plan and promote regular follow-up.
- Review nurse responsibilities and role in regular monitoring.
- Set up computerised reminders to recall patients if these are not already in place.

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**Note 1.** See Clinical Guidelines for Weight Management in New Zealand Adults 2009.

**Note 2.** See New Zealand Smoking Cessation Guidelines 2007.


**Note 4.** Unless eGFR <60ml/min/1.73m² or frank proteinuria (24 h urine >1 g per day or urine protein creatinine ratio >100 mg/mmol).
Identifying high risk feet

Risk factors for diabetic foot disease include:

• peripheral vascular disease (PVD)*
• peripheral neuropathy
• previous amputation
• previous ulceration
• presence of callus
• joint deformity
• visual/mobility problems.

* Risk factors for PVD are smoking, hypertension and hypercholesterolaemia. The cumulative effect of these risk factors for PVD is considered to be at least additive.

Appropriate footwear is recognised in the literature as an important part of management to prevent diabetic foot disease.
Approach to setting treatment targets

The NZGG Diabetes Advisory Group considers that setting treatment targets is an important component of diabetes management for all patients. In this guidance, targets are given for specific parameters on the basis of best available evidence. However, a treatment target for a given patient should be appropriate for that individual.

Treatment targets

Treatment targets to address risk factors:

- should be appropriate for and agreed with the individual patient
- glycaemic control target: HbA1c 50–55 mmol/mol or as individually agreed
- blood pressure target: <130/80 mm Hg. Evidence suggests a BP target <120 mm Hg may be harmful. Care should be taken to estimate likely treatment response for patients when BP approaches the target of <130 mm Hg
- lipids target: triglycerides <1.7 mmol/L; total cholesterol <4.0 mmol/L.

Lipid management including guidance on the use of statins is not included in this guidance document. For information on lipid management see the New Zealand Primary Care Handbook 2011 at www.nzgg.org.nz or 2009 edition.
Better management of raised blood pressure and microalbuminuria

These points provide evidence-based guidance for practitioners when making treatment decisions for a given individual with type 2 diabetes.

- Target systolic blood pressure <130 mm Hg and target diastolic blood pressure ≤80 mm Hg is recommended.
- Hypertension should be treated aggressively with lifestyle modification including dietary salt restriction and drug therapy.
- Evidence from the Accord Study Group in 2010 indicates a greater frequency of serious adverse effects where the systolic blood pressure target is <120 mm Hg.
- Microalbuminuria is the earliest sign of diabetic kidney disease.
- Younger patients with type 2 diabetes have a higher lifetime risk of renal complications.
- Annual screening for microalbuminuria using albumin:creatinine ratio (ACR) measurement is recommended. More frequent monitoring of renal status is indicated for Māori, Pacific Island and South Asian peoples. Those at moderate to high risk of diabetes-related complications (see Figure 2. Management of people at moderate to high risk of diabetes-related complications) should have their ACR measured 6 monthly.
- Microalbuminuria should be treated promptly if identified.
- Patients with confirmed microalbuminuria should be treated with an ACE inhibitor or angiotensin 2 receptor blocker (ARB) whether or not hypertension is present.
The NZGG Diabetes Advisory Group considered that treating hypertension ‘aggressively’ should be interpreted as the initiation and intensification of lifestyle and pharmacological therapy, not a recommendation to attempt to lower systolic blood pressure well below 130 mm Hg. Evidence from the ACCORD Study Group in 2010 suggests that systolic BP targets <120 mm Hg are harmful. The Advisory Group highlights that the recommended blood pressure target may not be appropriate for specific patients and should not be pursued in patients with a short life expectancy or who are at significant risk of hypotension.

Restricting dietary salt intake is important in the management of hypertension. A 2004 Cochrane systematic review reported that reducing daily salt intake by 5 g/day (a teaspoon) on average reduces blood pressure by 5/3 mm Hg. New Zealand and Australian 2006 guidance on nutrient reference values gave a suggested dietary target for daily sodium intake of 1600 mg (4 g of salt). Appendix B details the New Zealand Cardioprotective Dietary Pattern containing information on daily servings of salt and serving-size examples.

The NZGG Diabetes Advisory Group accepted the findings of the appraisal completed for the SIGN 2010 guideline that more data are required to determine the effect of combination ACE inhibitor and ARB therapy on kidney disease progression. Combination ACE inhibitor and ARB therapy should not be used without recommendation of a diabetes or renal specialist. The Advisory Group considers that use of loop diuretics instead of or in combination with thiazide diuretics is appropriate for patients with significant renal impairment (eGFR <45 ml/min/1.73m²).

Figure 3 is a summary algorithm outlining appropriate management of raised blood pressure and microalbuminuria for people with type 2 diabetes. Appendix C contains guidance on the recommended method of blood pressure measurement.
Figure 3  Management of raised blood pressure and microalbuminuria in type 2 diabetes

Start drug therapy if:
- BP > 130/80 mm Hg consistently for 3 months despite attempts at lifestyle modification

**Approach to management**
- If hypertensive, intensive monthly follow-up and stepwise protocol adjustments to medication are advised until consistently below target.
- BP should be reviewed at least 6 monthly once at target.
- Refer to Appendix C for the recommended method of BP measurement.

**Renal disease**
- Microalbuminuria is confirmed if, in the absence of infection or overt proteinuria, two out of three specimens have an elevated ACR.
- People with confirmed microalbuminuria should be treated with an ACE inhibitor or an ARB whether or not hypertension is present.
- Māori, Pacific Island and South Asian peoples are at a higher risk of renal complications. More frequent monitoring of renal status is indicated.
- Any evidence of renal disease based on decreasing eGFR should be treated with urgency.
- Loop diuretics may be used instead of or in combination with thiazide diuretics in patients with significant renal impairment (eGFR < 45 ml/min/1.73m²).

**Target BP is <130/80 mm Hg – note 1**
- Hypertension should be treated aggressively with lifestyle modification including dietary salt restriction and drug therapy.
- Evidence suggests a blood pressure target <120 mm Hg may be harmful. Care should be taken to estimate likely treatment response for patients when BP approaches the target of <130 mm Hg.

**Maintain lifestyle improvements**

1. **Start ACE inhibitor (and titrate dose)** or ARB if intolerant – note 2
   - If above target
2. **Add one** of: CCB or thiazide type diuretic
   - If above target
3. **Add another** of: thiazide type diuretic or CCB
   - If above target
4. **Add one** of:
   - alpha-blocker
   - beta-blocker
   - further diuretic therapy (potassium sparing)
   - If above target
5. **Add another** of:
   - alpha-blocker
   - beta-blocker
   - further diuretic therapy (potassium sparing)
   - or refer to a specialist

**Note 1.** Consider patient age. In younger people tighter control should be considered given their higher lifetime risk of diabetes-related complications.

**Note 2.** ACE inhibitor or ARB medication are contraindicated in pregnancy.

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Notes:
- ACE Inhibitor: angiotensin converting enzyme inhibitor
- ARB: angiotensin 2 receptor blocker
- CCB: calcium channel blocker

Improved glycaemic control

Good glycaemic control has a clear benefit on microvascular outcomes and if started early enough, on long-term macrovascular outcomes. Treatment targets should be set for an individual in order to balance benefits with harms, in particular hypoglycaemia and weight gain.

- A target of HbA1c 50–55 mmol/mol is recommended or as individually agreed. It is important to consider patient age. In younger people, tighter control should be considered given their higher lifetime risk of diabetes-related complications.
- Any reduction in HbA1c is beneficial.

Note: From August 2011 New Zealand laboratories will report HbA1c values in IFCC-aligned format (molar units measured in mmol/mol), not in DCCT-aligned format (measured in percentage). Appendix D provides a conversion table for HbA1c formats.

Setting a target HbA1c for a patient
This should take into account for that individual:

- the risk of microvascular and macrovascular complications (see section: Early identification of patients at high risk of diabetes-related complications)
- the risk and consequences of hypoglycaemia, and weight gain
- the personal preferences the individual has with respect to managing diabetes and preventing complications.

The NZGG Diabetes Advisory Group highlights that the progressive nature of diabetes means that more intensive treatment may be required as the condition progresses to achieve the target HbA1c. It is important that people with type 2 diabetes are aware that insulin is likely to be required as future treatment and that they are prepared for this eventuality well in advance.
Figure 4 is a summary algorithm outlining appropriate management of glycaemic control for people with type 2 diabetes. The NZGG Diabetes Advisory Group emphasises the value of using proven agents, such as metformin, sulphonylureas and insulin for the management of glycaemic control. For guidance on specific lifestyle modification strategies including diet and physical activity see *Clinical Guidelines for Weight Management in New Zealand Adults*.

**Self-monitoring blood glucose**

The body of evidence on self-monitoring blood glucose (SMBG) by people with type 2 diabetes is conflicting and difficult to assess as a whole. Benefits of SMBG include:

- assisting to guide adjustment of insulin or other medication for patients and health practitioners
- encouraging self-empowerment
- promoting better self-management behaviours.

However, self-monitoring may fail to improve diabetes control and has been associated with negative psychological outcomes in some studies.

Table 1 provides guidance on when SMBG is recommended.
## Table 1  
**Recommended use of self-monitoring blood glucose**

<table>
<thead>
<tr>
<th>Medication used as treatment</th>
<th>Is SMBG recommended?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Insulin</td>
<td>Yes</td>
</tr>
<tr>
<td>Sulphonylureas</td>
<td>Yes. If the patient is motivated they may benefit from routine SMBG to reduce risk of hypoglycaemia</td>
</tr>
</tbody>
</table>
| Metformin and other oral hypoglycaemic agents                    | In general SMBG is not recommended, but there are specific occasions when SMBG may be considered for those:  
- at increased risk of hypoglycaemia  
- experiencing acute illness  
- undergoing significant changes in pharmacotherapy or fasting eg, during Ramadan  
- with unstable or poor glycaemic control (HbA1c >64 mmol/mol)  
- who are pregnant or planning pregnancy |

**Source:** SIGN guideline 116 Management of Diabetes (2010)

The NZGG Diabetes Advisory Group considers SMBG is also of value in individuals with newly-diagnosed type 2 diabetes who as part of self-management wish to determine the effect of changes to food or exercise on their blood glucose levels. The Advisory Group also notes that selected individuals may benefit from continuing SMBG monitoring where this is having a positive impact on their management.

Further information on SMBG in relation to insulin therapy is included in the section titled: **Insulin initiation.**
**Figure 4**

**Management of glycaemic control**

**Target HbA1c 50–55 mmol/mol or as individually agreed**

- **Lifestyle modification**
  - Food, physical activity and behavioural strategies

- **First line drug therapy**
  - **Metformin**
    - Gastrointestinal tolerance may be improved by gradual introduction
    - Stop if eGFR <30 ml/min/1.73 m²
  - **Acarbose therapy (note 1)**

- **Second line drug therapy**
  - **Add sulphonylurea**
    - If metformin and sulphonylurea not tolerated or contraindicated or if an alternative to insulin is required

- **Third line drug therapy**
  - **Insulin**
    - See Figure: Initiation of Insulin in Primary Care (note 4)

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**Notes**

1. Acarbose can also be used as a first line drug therapy, if tolerated.
2. Medsafe is currently monitoring the safety of pioglitazone following reports of increased adverse effects. See www.medsafe.govt.nz for latest updates. Special authority for pioglitazone may be sought if: i) patient has not achieved glycaemic control on maximum dose of metformin or sulphonylurea or where either or both are contraindicated or not tolerated; or ii) patient is on insulin.
3. DPP-IV inhibitor may be an alternative agent if patient is at significant risk of hypoglycaemia or weight gain is a concern.

At time of publication (2011), DPP-IV inhibitors are not subsidised.
4. DPP-IV inhibitor and GLP-1 agonist are possible alternatives. GLP-1 agonists may be used if BMI >30 kg/m² or there is a desire to lose weight. At time of publication (2011), neither DPP-IV inhibitors nor GLP-1 agonists are subsidised.
Insulin initiation

The following recommendations are intended for use by primary care practitioners as a guide. Practitioners should seek specialist advice to support patient management as needed. It is important that the individual is helped to understand their insulin regimen and encouraged to take an active role in management during the initiation of insulin.

When to consider insulin

Consider insulin therapy if the individual with type 2 diabetes has unsatisfactory glycaemic control (measured HbA1c does not meet or closely approach agreed target) or there are signs and symptoms of hyperglycaemia despite:

- management including appropriate food/diet, physical exercise and behavioural strategies (refer to Clinical Guidelines for Weight Management in New Zealand Adults)
- review of medication adherence and dose optimisation of oral hypoglycaemic agents (see Figure 4. Management of glycaemic control).

People who have an HbA1c above 65 mmol/mol should be seriously considered for insulin therapy.

Note: Target HbA1c is 50–55 mmol/mol or as individually agreed.

It is important to assess the individual’s readiness for commencing insulin therapy and address any patient concerns (see Appendix E. Addressing patient concerns about insulin therapy). A patient education checklist for practitioners relating to initiation of insulin therapy is also included in Appendix F.
Assess blood glucose profile

Prior to initiating insulin therapy, it is essential that the patient is regularly self-monitoring their blood glucose levels to assist decision-making about an appropriate insulin regimen.

Blood glucose profile: practice points

- Educate the patient on how to measure blood glucose levels using a meter and how to record results using a log book (see Appendix G for an example) to determine their current blood glucose profile.
- Review recorded blood glucose results with the patient to identify their current blood glucose profile and ‘problem’ times of the day.
- Use their blood glucose profile to help you and the patient decide on an appropriate insulin regimen (see Appendix G, which includes a logbook interpretation as an example).

Insulin therapy

When initiating insulin therapy for a given patient, ensure that the patient understands that the initial insulin dose is a starting point for dose titration. Discuss and agree on the frequency of follow-up.

Isophane insulin

- Once daily isophane (NPH*) insulin at night (or pre breakfast if the patient has daytime hyperglycaemia) should be used when adding insulin to metformin and/or sulphonylurea therapy.
- Twice daily isophane (NPH) insulin may be considered if the person has high blood glucose levels during both the day and night. The NZGG Diabetes Advisory Group also recommends considering twice daily insulin if the person is markedly hyperglycaemic. When prescribing twice daily insulin therapy sulphonylurea therapy should be stopped.

* Neutral protamine Hagedorn
Other regimens

- Basal insulin analogues should be considered if there are concerns regarding hypoglycaemia.

- Premixed insulin can be considered if post prandial levels are elevated and the HbA1c target has not been met.
  - Seek specialist advice if instigating a premixed insulin regimen.

- The option of adding short-acting insulin relates to the intensification of insulin therapy and is not included in this guidance.

Figure 5 is a summary algorithm outlining appropriate initiation of insulin in primary care for people with type 2 diabetes.

Maintenance self-monitoring blood glucose

Once the patient is established on insulin and blood glucose levels are stable, frequency of blood glucose testing can be reduced but should still be such as to show the blood glucose profile over the course of the day (see Appendix G. Monitoring of blood glucose profile).

- If the patient chooses to test less frequently, ask them to vary testing across different times of the day.
- Patients may choose to test in other patterns eg, 4 times a day on one or two days of the week.

Maintenance SMBG can be combined with checking HbA1c levels (3–6 monthly) to assess glycaemic control and the need for medication changes.
Figure 5  Initiation of insulin in primary care

**Monitor blood glucose (BG) profile**

Choose one of:

**Once daily isophane insulin - at night**
Choose if the person has predominantly high fasting BG levels that decrease or stay the same during the day.

**Once daily isophane insulin - pre breakfast**
Choose if the person’s fasting BG levels are acceptable but rise during the day.

**Twice daily isophane insulin**
This may be considered if the person has either high BG levels during both the day and night or is markedly hyperglycaemic.

**Initiate once daily isophane insulin**
Prescribe a starting dose of usually 10 units isophane insulin* at bedtime (if high fasting glucose) or pre breakfast (if predominantly daytime hyperglycaemia). Continue with oral metformin and sulphonylurea.

**Initiate twice daily isophane insulin**
Prescribe a starting dose of usually 6–10 units isophane insulin* twice daily (given pre breakfast and pre evening meal). Discontinue sulphonylurea.

**Titrate the dose**

- Review BG levels and adjust dose (note 1) until the individually-agreed BG target is reached or hypoglycaemia limits further titration. Patients should be given instructions on how to self-adjust the dose.
- Review every 2–4 days or agreed timeframe depending on response.
- Use of other regimens (note 2).

**Follow-up and specialist advice (notes 3 & 4)**

* Currently funded isophane insulin is Protaphane or Humulin NPH.
### Note 1 Guide to dose adjustments for initial titration

#### Table 1. Once daily isophane insulin – at night

<table>
<thead>
<tr>
<th>Pre breakfast (fasting) BG</th>
<th>Insulin dose increase</th>
</tr>
</thead>
<tbody>
<tr>
<td>Usually &gt;8 mmol/L and never less than 4 mmol/L</td>
<td>Increase dose by 4–6 units</td>
</tr>
<tr>
<td>Usually 6–8 mmol/L and never less than 4 mmol/L</td>
<td>Increase dose by 2–4 units</td>
</tr>
<tr>
<td><strong>Once receiving &gt;20 units daily</strong>&lt;br&gt;3 consecutive pre breakfast (fasting) BG results higher than agreed BG target AND BG never less than 4 mmol/L</td>
<td>Insulin dose can be increased by 10–20% of total daily dose</td>
</tr>
</tbody>
</table>

#### Table 2. Once daily isophane insulin – pre breakfast

<table>
<thead>
<tr>
<th>Pre evening meal BG</th>
<th>Insulin dose increase</th>
</tr>
</thead>
<tbody>
<tr>
<td>Usually &gt;8 mmol/L and never less than 4 mmol/L</td>
<td>Increase dose by 4–6 units</td>
</tr>
<tr>
<td>Usually 7–8 mmol/L and never less than 4 mmol/L</td>
<td>Increase dose by 2–4 units</td>
</tr>
<tr>
<td><strong>Once receiving &gt;20 units daily</strong>&lt;br&gt;3 consecutive pre evening meal BG results higher than agreed BG target AND BG never less than 4 mmol/L</td>
<td>Insulin dose can be increased by 10–20% of total daily dose</td>
</tr>
</tbody>
</table>

#### Table 3. Twice daily isophane insulin

<table>
<thead>
<tr>
<th>Pre breakfast (fasting) BG</th>
<th>Insulin dose increase</th>
</tr>
</thead>
<tbody>
<tr>
<td>Usually &gt;8 mmol/L and never less than 4 mmol/L</td>
<td>Increase night-time insulin dose by 4–5 units</td>
</tr>
<tr>
<td>Usually 6–8 mmol/L and never less than 4 mmol/L</td>
<td>Increase night-time insulin dose by 2–4 units</td>
</tr>
<tr>
<td><strong>Pre evening meal BG</strong></td>
<td><strong>Insulin dose increase</strong></td>
</tr>
<tr>
<td>Usually &gt;8 mmol/L and never less than 4 mmol/L</td>
<td>Increase pre breakfast insulin dose by 4–5 units</td>
</tr>
<tr>
<td>Usually 7–8 mmol/L and never less than 4 mmol/L</td>
<td>Increase pre breakfast insulin dose by 2–4 units</td>
</tr>
<tr>
<td><strong>Once receiving &gt;20 units daily</strong>&lt;br&gt;3 consecutive BG results (either pre breakfast or pre evening meal) higher than agreed BG target AND BG never less than 4 mmol/L</td>
<td>Appropriate insulin dose can be increased by 10–20% of total daily dose</td>
</tr>
</tbody>
</table>
### Note 2  Other regimens

- Basal insulin analogues should be considered if there are concerns regarding hypoglycaemia.
- Premixed insulin can be considered if post prandial levels are elevated and HbA1c target has not been met.
  - Seek specialist advice if instigating a premixed insulin regimen.
- The option of adding short-acting insulin relates to the intensification of insulin therapy and is not covered in this guidance.

### Note 3  Follow-up

- Review BG levels every 2–4 days, depending on the individual and response.
- Once BG levels are stable, re-evaluate BG profile regularly (3–6 monthly) and change regimen if required.
- Check for risk of hypoglycaemia.
- Measure HbA1c 3–6 monthly, according to individual need.
- Monitor weight (if gaining weight, review lifestyle advice).

### Note 4  Specialist advice

Seek specialist advice when:

- patient is very lean or has experienced rapid weight loss
- HbA1c persistently above individual target despite initiation of insulin, titration, and review of lifestyle modification
- patient has recurrent hypoglycaemia
- patient is an adolescent or child with type 2 diabetes
- patient is a vocational driver.
Appendices

A: Members of the NZGG Diabetes Advisory Group
B: The New Zealand Cardioprotective Dietary Pattern
C: Conversion table for HbA1c formats
D: Recommended method of blood pressure measurement
E: Addressing patient concerns about insulin therapy
F: Patient education checklist: initiation of insulin therapy
G: Monitoring blood glucose profile
Appendix A

Members of the NZGG Diabetes Advisory Group

Jim Mann (Chair)
Professor of Human Nutrition and Medicine
University of Otago and Southern DHB, Dunedin
Invited by: New Zealand Guidelines Group

Stephen Allen
Māori health advocate
Invited by: New Zealand Guidelines Group
Until January 2011

Chris Baty
President, Diabetes New Zealand, Wellington
Invited by: New Zealand Guidelines Group

Bryan Betty
General Practitioner, Porirua Union Community and Health
Royal New Zealand College of General Practitioners
Nominated by: Royal New Zealand College of General Practitioners

Tim Cundy
President, New Zealand Society for the Study of Diabetes
Endocrinologist, Auckland District Health Board
Invited by: New Zealand Guidelines Group

Rick Cutfi eld
Diabetologist
Diabetes Clinic, North Shore Hospital, Takapuna Hospital, Auckland
Invited by: New Zealand Guidelines Group

Sandy Dawson
General Practitioner, Porirua Union Community and Health Services
Invited by: New Zealand Guidelines Group
Paul Drury  
Medical Director, New Zealand Society for the Study of Diabetes  
Auckland Diabetes Centre  
Invited by: New Zealand Guidelines Group

Louise Farmer  
Clinical Nurse Manager/Diabetes Nurse Specialist, Diabetes Service,  
Hutt Valley District Health Board  
Invited by: New Zealand Guidelines Group

Pauline Giles  
Clinical Nurse Specialist (Diabetes), MidCentral Health  
Nurse Practitioner (Diabetes and related conditions),  
Chair of Diabetes Nurse Specialist Section of  
New Zealand Nurses Organisation  
Invited by: New Zealand Guidelines Group

Greg Hamilton  
Team Leader Service Transition, Planning and Funding, Canterbury District Health Board  
Invited by: New Zealand Guidelines Group

Aniva Lawrence  
General Practitioner, Paihia Medical Centre, Paihia  
Pacific perspective  
Invited by: New Zealand Guidelines Group

Rob Leikis  
Endocrinologist, Hawkes Bay Hospital  
Invited by: New Zealand Guidelines Group

Donna McArley  
General Practice Coordinator, Western Bay of Plenty Primary Health Organisation  
Invited by: New Zealand Guidelines Group
Graham McGeoch  
General Practitioner, Development Team Member, Canterbury Initiative  
*Invited by: New Zealand Guidelines Group*

Peter Moodie  
Medical Director, Pharmac  
*Invited by: New Zealand Guidelines Group*

Lorna Smeath  
Whānau Ora Clinical Projects Coordinator, Te Tai Tokerau Primary Health Organisation  
*Invited by: New Zealand Guidelines Group*

Lucia Bercinskas  
Ex-officio  
*Nominated by: Ministry of Health*

Brandon Orr-Walker  
Ex-officio Diabetes specialist  
*Nominated by: Ministry of Health*
### Appendix B

**The New Zealand Cardioprotective Dietary Pattern**

<table>
<thead>
<tr>
<th>Food</th>
<th>Healthy servings (per day)</th>
<th>Serving size examples</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vegetables</strong></td>
<td>At least 3–4 servings</td>
<td>½ cup cooked vegetables</td>
<td>Choose coloured varieties daily, especially the green, orange and red vegetables. Also includes cauliflower, onions, mushrooms, turnips</td>
</tr>
<tr>
<td></td>
<td>Include at every meal</td>
<td>1 cup raw green vegetable or salad</td>
<td>No more than one serving of fruit juice per day</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 tomato or carrot</td>
<td></td>
</tr>
<tr>
<td><strong>Fruit</strong></td>
<td>At least 3–4 servings</td>
<td>1 medium apple, pear, orange, small banana</td>
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<tr>
<td></td>
<td></td>
<td>½ cup stewed, frozen, canned fruit (natural or ‘lite’)</td>
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<tr>
<td></td>
<td></td>
<td>2–3 small apricots or plums</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>10–15 grapes, cherries, strawberries</td>
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<tr>
<td></td>
<td></td>
<td>1 cup other berries</td>
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</tr>
<tr>
<td></td>
<td></td>
<td>3 prunes, dates, figs or 1 tbsp raisins, sultanas</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>6–8 halves of dried apricots</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>180 ml 100% fruit juice</td>
<td></td>
</tr>
<tr>
<td><strong>Breads, cereals, grains</strong></td>
<td>At least 6 servings</td>
<td>1 medium slice of whole grain bread or ½ bread roll</td>
<td>Choose more or less depending on body weight and level of physical activity. Include at every meal</td>
</tr>
<tr>
<td></td>
<td></td>
<td>30 g of other breads such as pita, naan, corn tortilla, wraps</td>
<td>Choose a variety of grain products with at least half as whole grain products</td>
</tr>
<tr>
<td></td>
<td></td>
<td>½ cup bran cereal or ½ cup wheat cereal or ½ cup cooked porridge or ½ cup muesli or 3 crispbreads</td>
<td>These replace bread/grain products. Limit for weight and diabetes control</td>
</tr>
<tr>
<td></td>
<td></td>
<td>½ cup cooked pasta or ½ cup cooked rice</td>
<td></td>
</tr>
<tr>
<td><strong>Starchy vegetables</strong></td>
<td></td>
<td>1 small potato ½ kumara ½ cup yams ½ cup corn ½ parsnip</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 small round of taro</td>
<td></td>
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</tbody>
</table>

*continued over...*
<table>
<thead>
<tr>
<th>Food</th>
<th>Healthy servings (per day)</th>
<th>Serving size examples</th>
<th>Notes</th>
</tr>
</thead>
</table>
| Low-fat or fat-free milk products  | 2–3 servings or replace with soy products | 1 glass trim or low-fat milk (250 ml)  
1 pottle low-fat yoghurt  
½ cup cottage cheese  
½ cup low-fat cottage cheese  
¼ cup quark or ricotta  
2 tbsp parmesan or 3 tbsp grated cheddar cheese  
2 cm cube cheddar cheese  
3 cm cube soft cheese | Use 0 to 0.5% fat milk and <1% fat yoghurt  
Hard cheese and semi-soft cheeses can be included up to 4 times weekly in very small amounts  
Camembert, brie, edam, feta, mozzarella |
| Fish, seafood                      | 1–2 servings weekly       | 2 small, 1 large fillet of cooked fish  
½ cup tuna or 1 cup mussels  
½ cup salmon or ½ can sardines | If eating fish, choose some oily fish: tuna, kahawai, trevally, kingfish, warehou, dory, salmon, sardines, eel, squid, mussels or oysters |
| Peas, beans, soy products (legumes)| 4–5 servings weekly       | 1 cup cooked dried beans, chickpeas, lentils, dahl  
½ cup tofu or tempeh  
1 glass fortified soy milk (250 ml) |                                                                                                                                                                                                     |
| Skinned chicken or very lean meats | Limit to 1–1½ servings    | 2 slices trimmed meat/chicken (100–120 g)  
½ cup lean mince or casserole (125 g)  
1 small lean steak (100 g)  
1 small chicken breast (120 g)  
2 small drumsticks or 1 leg, skinned | Use alternatives to meat several times a week                                                                                                                                                      |
<p>| Eggs                               | 3 eggs weekly             | 1 egg                                                                                                                                                                                                               |                                                                                                                                                                                                     |</p>
<table>
<thead>
<tr>
<th>Food</th>
<th>Healthy servings (per day)</th>
<th>Serving size examples</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Liquid oils, unsaturated margarines and spreads or avocado</td>
<td>3 or more servings</td>
<td>1 tsp soft table margarine or oil 2 tsp light margarine (50–60% fat) 2 tsp mayonnaise or vinaigrette (50–60% fat) 3 tbsp reduced-fat mayonnaise or dressing (10% fat or less) 1 tbsp avocado</td>
<td>Choose more or less depending on body weight and level of physical activity. Choose products made from sunflower, soya bean, olive, canola, linseed, safflower or nuts and seeds, other than coconut. For weight control 1 serving of nuts replaces other oils and spreads</td>
</tr>
<tr>
<td>Nuts, seeds</td>
<td>Eat regularly up to 30 g/day</td>
<td>1 dsp nuts or pumpkin seeds 1 dsp peanut butter 1 tbsp sunflower or sesame seeds</td>
<td>Best incorporated as part of the meal or snack only if diabetes is well controlled. Artificial sweeteners may be used for additional sweetness as a replacement for sugar</td>
</tr>
<tr>
<td>Confectionery and added sugar</td>
<td>Up to 1* serving or up to 3 servings</td>
<td>1 tbsp sugar, jam, syrup or honey 2 tbsp all-fruit jam spreads Small pottle reduced-fat ice-cream or frozen yoghurt 2 fruit slice biscuits</td>
<td></td>
</tr>
<tr>
<td>Minimise added salt</td>
<td>Limit high salt seasonings to 1/day</td>
<td>1 tsp seasoning paste ½ stock cube or ½ tsp stock powder ½ tsp gravy mix or 1 tbsp liquid seasoning</td>
<td>Use minimal salt in cooking Do not add salt to meals</td>
</tr>
<tr>
<td>Limit high salt foods</td>
<td>Limit these high salt foods to less than 4 servings/day</td>
<td>30 g lean ham/pastrami 1 tbsp pickles or 1 tsp marmite/vegemite 1 tsp soy sauce 20 to 30 g cheese ½ cup canned/packet soup 50 g canned or smoked salmon/tuna 30 g other smoked fish/sardines</td>
<td>Choose breads and cereals with less than 450 mg/100 g sodium and spreads with less than 400 mg/100 g sodium Choose low or reduced salt/sodium canned foods, soups, sauces seasonings, crispbreads, relishes and meals Check labels of cured, corned, pickled, smoked, marinated and canned foods</td>
</tr>
</tbody>
</table>

continued over...
<table>
<thead>
<tr>
<th>Food</th>
<th>Healthy servings (per day)</th>
<th>Serving size examples</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Alcoholic drinks</strong></td>
<td></td>
<td>1 (300 ml) glass ordinary strength beer</td>
<td>Drink plenty of water every day</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 (60 ml) glass fortified wine (sherry, port)</td>
<td>Limit the consumption of fruit juice, cordial and fizzy drinks</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 (30 ml) pub measure spirits (whisky, gin)</td>
<td>because of their high sugar content</td>
</tr>
<tr>
<td></td>
<td>Limit to &lt;3 drinks for men and &lt;2 for women</td>
<td>1 (100 ml) glass of table wine</td>
<td></td>
</tr>
<tr>
<td><strong>Nonalcoholic drinks</strong></td>
<td>6–8 drinks /day</td>
<td>1 glass water (250 ml)</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>1 cup ‘diet’ soft drink (180 ml)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 glass trim or low-fat milk (250 ml)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 cup tea, coffee or cocoa</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 cup vegetable juices (180 ml)</td>
<td></td>
</tr>
</tbody>
</table>

* Up to 1 serving per day for weight control or for people with high triglycerides or diabetes as part of a meal or snack. Up to 3 per day for people in the healthy weight range who are active with normal triglycerides and no diabetes.

### Appendix C

**Recommended method of blood pressure measurement**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Use a device with validated accuracy that is properly maintained and calibrated</td>
</tr>
<tr>
<td>2</td>
<td>Measure sitting blood pressure (BP) routinely. Measure sitting and standing blood pressure in the elderly or people with diabetes</td>
</tr>
<tr>
<td>3</td>
<td>Remove tight clothing, support arm with BP cuff at heart level, and ensure the hand is relaxed</td>
</tr>
<tr>
<td>4</td>
<td>Use cuff of appropriate size for arm circumference</td>
</tr>
<tr>
<td>5</td>
<td>Inflate the cuff until the radial pulse is no longer palpable</td>
</tr>
<tr>
<td>6</td>
<td>Lower mercury slowly, by not greater than 2 mm Hg per second</td>
</tr>
<tr>
<td>7</td>
<td>Read BP to the nearest 2 mm Hg</td>
</tr>
<tr>
<td>8</td>
<td>Measure diastolic BP as disappearance of sounds (phase 5)</td>
</tr>
<tr>
<td>9</td>
<td>Two measurements at a single visit are sufficient for calculating cardiovascular risk</td>
</tr>
<tr>
<td>10</td>
<td>At least two measurements should be made at each of three visits to determine BP thresholds if considering treatment – some of these can be recorded at nurse consultations using this measurement technique</td>
</tr>
<tr>
<td>11</td>
<td>Possible indications for ‘home’ or ambulatory BP monitoring include the diagnosis of ‘white coat hypertension’, suspected hypotension, excessive BP variability and resistance to drug therapy</td>
</tr>
<tr>
<td>12</td>
<td>Home-based measurement may be lower than office measurement and therefore treatment decisions should be based predominantly on office measurement</td>
</tr>
</tbody>
</table>

Appendix D

Conversion table for HbA1c formats

From August 2011 New Zealand laboratories will report HbA1c values in IFCC-aligned format (measured in mmol/mol), not in DCCT-aligned format (measured in percentage).

The conversion formulae are:

IFCC-aligned HbA1c value = (10.93 x DCCT-aligned value) – 23.5 mmol/mol
DCCT-aligned HbA1c value = (0.0915 x IFCC-aligned value) + 2.15 %

<table>
<thead>
<tr>
<th>IFCC-aligned HbA1c (mmol/mol)</th>
<th>DCCT-aligned HbA1c (%)</th>
<th>IFCC-aligned HbA1c (mmol/mol)</th>
<th>DCCT-aligned HbA1c (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>20</td>
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<td>64</td>
<td>8.0</td>
</tr>
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<tr>
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continued over...
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<tr>
<th>Table</th>
<th>Conversion table for HbA1c formats continued</th>
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</thead>
<tbody>
<tr>
<td>41</td>
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<tr>
<td>42</td>
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<td>43</td>
<td>6.1</td>
</tr>
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<td>44</td>
<td>6.2</td>
</tr>
<tr>
<td>45</td>
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<td>51</td>
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<tr>
<td>63</td>
<td>7.9</td>
</tr>
<tr>
<td></td>
<td>108</td>
</tr>
</tbody>
</table>

*Source: Adapted from SIGN guideline 116 Management of Diabetes (2010)*  
[www.sign.ac.uk/guidelines/fulltext/116/index.html](http://www.sign.ac.uk/guidelines/fulltext/116/index.html)  
IFCC International Federation of Clinical Chemistry and Laboratory Medicine  
DCCT Diabetes Control and Complication Trial
Appendix E

Addressing patient concerns about insulin therapy

This content has been prepared by the NZGG Diabetes Advisory Group to assist primary care practitioners when discussing initiation of insulin therapy with patients. It draws on the experience of the Advisory Group.

Common misconceptions about insulin therapy and discussion points

It is important to enquire about and address an individual’s concerns about insulin therapy.

Common misconceptions

• My diabetes has become worse, or is a more serious disease.
• Insulin therapy is a sign of my personal failure to manage the condition.
• Insulin therapy will adversely impact on my lifestyle and will be inconvenient, resulting in loss of my personal freedom and independence.
• Insulin therapy leads to complications.
• I will be treated differently by family and friends.

For Māori and Pacific people with diabetes, particularly older people, a common misconception is that starting insulin therapy means that they will die soon.

Suggested discussion points

• Type 2 diabetes is progressive and medication needs change over time.
• Lifestyle management efforts are of value and should be ongoing. (Acknowledge the individual’s lifestyle management efforts).
• Insulin therapy is an additional tool to use alongside lifestyle management efforts.
• Present the benefits of insulin: ‘can improve health and make them feel better’.
• Insulin therapy is the next logical step in treatment if oral therapy is insufficient.
• Insulin therapy does not cause diabetes complications (if needed, it reduces the risk).
• Initially, only once or twice daily insulin will be required.
• Insulin types and delivery devices have changed and improved in recent years.
• Insulin devices allow very discreet use. (Show an insulin pen as an example).
• Self-monitoring of blood glucose means that insulin therapy is now safer and more easily managed than in the past.
Other suggestions:

- Include the patient’s partner or family/whānau in discussion/education.
- Provide information about local patient support groups.
- Show the patient a 6 mm insulin needle and let them try it out.
- Suggest a trial period of insulin therapy for eg, 8 weeks. ‘Try it for 8 weeks and see how you feel about it.’
Appendix F
Patient education checklist: initiation of insulin therapy

This content has been prepared by the NZGG Diabetes Advisory Group to assist primary care practitioners when initiating insulin therapy with a patient. It draws on the experience of the Advisory Group.

Your patient will need education and advice on:

• Self-monitoring of blood glucose
  – When to test, how to test, how to record in a log book style
  – Test if they have symptoms of hypoglycaemia
  – Increase frequency of testing if unwell

• Insulin regimen
  – Which insulin preparation
  – What the dose is, and when to administer it
  – How to use the insulin injection device
  – How to titrate the dose (if this is appropriate at this stage)

• How to administer insulin

• How to store the insulin and how to dispose of ‘sharps’

• Dietary and lifestyle advice
  – Maintaining a healthy body weight by healthy eating and exercise
  – The risk of hypoglycaemia with excess alcohol consumption

• Managing hypoglycaemia
  – How to recognise the symptoms of hypoglycaemia
  – How to manage and prevent episodes of hypoglycaemia

• Driving: legal and practical issues
  – Ensure the patient understands their responsibility to maintain a reasonable level of glycaemic control while minimising their risk of hypoglycaemic episodes
  – If the patient is a vocational driver please refer for specialist advice
  – Refer to the NZ Transport Agency Medical aspects of fitness to drive: A guide for medical practitioners July 2009
• Provide Medic Alert bracelet information
• Provide contact and emergency telephone numbers
• Advise the patient where to get further self-help information (eg, Diabetes New Zealand website www.diabetes.org.nz or local diabetes societies)

**Provide your patient with appropriate written pamphlets**

Diabetes New Zealand has pamphlets on relevant topics eg, ‘Diabetes and Insulin’ and ‘Diabetes and Healthy Food Choices’. These are available through Diabetes Supplies Ltd www.diabetessupplies.co.nz or 0800 DIABETES
Appendix G

Monitoring blood glucose profile

This content has been prepared by the NZGG Diabetes Advisory Group to assist primary care practitioners when initiating insulin therapy with a patient. It draws on the experience of the Advisory Group.

Monitoring blood glucose profile: use of a logbook

The use of a logbook to record the results of blood glucose testing assists initial and ongoing decision-making about insulin therapy and should be encouraged.

By varying the times of the day that the patient tests blood glucose, and recording these results in a logbook format, the patient’s typical blood glucose profile across the course of a day will become apparent.

Patients can test more intensively when initiating insulin therapy and less intensively once insulin therapy is established.

In reviewing the logbook, focus on the trends on days that are representative of ‘normal’ for that person. Ignore outrider results or ‘noise’ (birthday parties, ‘binges’, ‘not so good’ days, sickness, excess alcohol).

Table 2. Example of a completed blood glucose profile logbook

<table>
<thead>
<tr>
<th></th>
<th>Before breakfast</th>
<th>After breakfast</th>
<th>Before lunch</th>
<th>After lunch</th>
<th>Before dinner</th>
<th>After dinner</th>
<th>Before bed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>11.9</td>
<td>8.9</td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Tues</td>
<td></td>
<td>10.8</td>
<td></td>
<td></td>
<td></td>
<td>7.6</td>
<td></td>
</tr>
<tr>
<td>Wed</td>
<td>14.6</td>
<td></td>
<td>4.9</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thur</td>
<td></td>
<td>11.9</td>
<td>6.3</td>
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<tr>
<td>Sat</td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sun</td>
<td>13.6</td>
<td></td>
<td>7.2</td>
<td></td>
<td>7.5</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

In this example, the person is only testing on average twice a day but is varying the times of the day and recording results in the correct columns. These results can thus be readily scanned to establish the person’s usual daily pattern or profile.

The blood glucose levels shown in this example indicate the person would benefit from a once daily isophane insulin delivered in the evening to correct their morning high blood glucose level the next day.
This content on the management of type 2 diabetes has been developed for use in primary care by an advisory group convened by the New Zealand Guidelines Group, drawing on evidence in SIGN guideline 116 Management of Diabetes (2010). See Guidance on the Management of Type 2 Diabetes 2011 at www.nzgg.org.nz for further content.

June 2011

A primary care practitioner resource

The information in this resource is taken from Guidance on the Management of Type 2 Diabetes 2011 available online at www.nzgg.org.nz

- Determining level of risk for macrovascular and microvascular complications is a key component of treatment planning and target setting for each individual with type 2 diabetes.

- Patients at moderate or high risk of developing diabetes-related complications (ie, 2 or 3 risk factors*) or with existing complications (eg, foot, eye, renal or cardiovascular disease) should be managed intensively.

* See Figure: Determining level of risk for diabetes-related complications in Guidance on the Management of Type 2 Diabetes 2011 at www.nzgg.org.nz

- Treatment targets to address risk factors:
  - should be appropriate for and agreed with the individual patient
  - glycaemic control target: HbA1c 50–55 mmol/mol or as individually agreed
  - blood pressure target: <130/80 mm Hg. Evidence suggests a BP target <120 mm Hg may be harmful. Care should be taken to estimate likely treatment response for patients when BP approaches the target of <130 mm Hg
  - lipids target: triglycerides <1.7 mmol/L; total cholesterol <4.0 mmol/L.

- Lifestyle advice, including ABC smoking cessation advice and evidence-based advice on diet and exercise, is an important aspect of ongoing management. Dietitian advice should be sought if available.

- Patients with confirmed microalbuminuria should be treated with an ACE inhibitor or angiotensin 2 receptor blocker whether or not hypertension is present.

- Mäori, Pacific Island and South Asian peoples are at higher risk of renal complications. More frequent monitoring of renal status is indicated.

- Any evidence of renal disease based on decreasing eGFR should be treated with urgency.

- Hypertension should be treated with lifestyle modification including dietary salt restriction and drug therapy.

- Drug therapy should be initiated if BP is above target for 3 months despite attempts at lifestyle modification.

- Intensive monthly follow-up and stepwise protocol adjustments to medication are advised until consistently below target.

Drug therapy for raised BP

Note 1. ACE inhibitor or ARB medication are contraindicated in pregnancy.

ARB  angiotensin 2 receptor blocker

CCB  calcium channel blocker

Renal disease

BP management

Start ACE inhibitor (and titrate dose) or ARB if intolerant – note 1

If above target

Add one of: CCB or thiazide type diuretic

Add another of: thiazide type diuretic or CCB

Add one of:
  - alpha-blocker
  - beta-blocker
  - further diuretic therapy (potassium sparing)

Add another of:
  - alpha-blocker
  - beta-blocker
  - further diuretic therapy (potassium sparing)

Or refer to specialist