

# CLAHRCBITE

Brokering innovation through evidence

## Therapeutic inertia in the management of hyperglycaemia in patients with type 2 diabetes is a major concern



### Results

Therapeutic inertia in the management of hyperglycaemia in patients with type 2 diabetes is a major concern.

### Who needs to know?

Health care professionals managing diabetes and researchers.

## What did we do:

The aims of this systematic review were to identify how therapeutic inertia in the management of hyperglycaemia was measured and to assess its extent over the past decade. Systematic searches for articles published from January 1, 2004 to August 1, 2016 were conducted in MEDLINE and Embase. Two researchers independently screened all of the titles and abstracts, and the full texts of publications deemed relevant. Data were extracted by a single researcher using a standardized data extraction form.

## What we found and what does this mean:

Measurements used to assess therapeutic inertia varied across studies, making comparisons difficult. Data from low- to middle-income countries were scarce. In most studies, the median time to treatment intensification after a glycated haemoglobin (HbA1c) measurement above target was more than 1 year (range 0.3 to >7.2 years). Therapeutic inertia increased as the number of antidiabetic drugs rose and decreased with increasing HbA1c levels. Data were mainly available from Western countries. Diversity of inertia measures precluded meta-analysis.

## What next:

This is well documented in Western countries, but corresponding data are urgently needed in low and middle income countries, in view of their high prevalence of type 2 diabetes.

## Evidence:

Khunti K, Gomes MB, Pocock S, Shestakova MV, Pintat S, Fenici P, et al. Therapeutic inertia in the treatment of hyperglycaemia in patients with type 2 diabetes: A systematic review. *Diabetes Obes Metab*. 2017. dx.doi.org/10.1111/dom.13088

## What is NIHR CLAHRC EM?

NIHR Collaborations for Leadership in Applied Health Research and Care (CLAHRCs) are collaborations between the NHS, universities and local organisations. Our goals are to conduct applied health research across the East Midlands and translate our research findings into improved outcomes for the public.

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