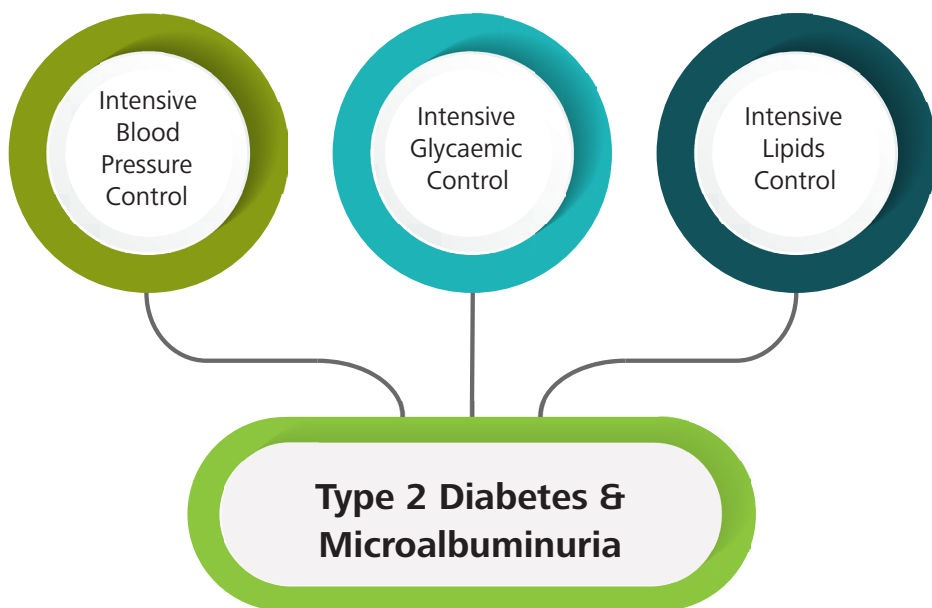


CLAHRCBITE

Brokering innovation through evidence

Effects of intensive interventions in people with type 2 diabetes and microalbuminuria



Results

Apart from blood pressure, there was no evidence that intensive interventions improve or worsen any of HbA1c, lipids, risk of cardiovascular events or mortality.

Who needs to know?

Healthcare professionals including primary care, specialist care and people with diabetes.

What did we do:

In this systematic review and meta-analysis of randomised controlled trials, we assessed the effect of intensive interventions targeting intensive glycaemic control, blood pressure control, and lipid levels control, either singularly or in combination as a multifactorial intervention, on risk factor control and cardiovascular outcomes in people with type 2 diabetes and microalbuminuria.

What we found and what does this mean:

We found no evidence to suggest that intensive interventions reduced the risk of non-fatal myocardial infarction, non-fatal stroke, cardiovascular disease mortality and all-cause mortality. Intensive single and multifactorial risk factors control interventions showed pronounced reduction in blood pressure outcomes, and a trend of reduction in HbA1c, total cholesterol, triglyceride, and urinary albumin excretion rate. Results of this review were mainly derived from one small single centre trial, therefore uncertainly surrounding the effect of intensive interventions in people with type 2 diabetes and microalbuminuria still exist.

What next:

Evidence on the effects of intensive interventions across available studies in this population group is currently lacking, and this study helps inform this current gap in evidence. This study highlighted some important issues and summarised the findings from individual studies in people with type 2 diabetes and microalbuminuria. Further large randomised controlled trials are required along with an updated evidence review once more data becomes available, in this high cardiovascular risk patient's group.

Evidence:

Usman M, Gillies CL, Khunti K, Davies MJ. Effects of intensive interventions compared to standard care in people with type 2 diabetes and microalbuminuria on risk factors control and cardiovascular outcomes: A systematic review and meta-analysis of randomised controlled trials. *Diabetes Res Clin Pract.* 2018;146:76-84. <http://dx.doi.org/10.1016/j.diabres.2018.10.002>

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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