

# THERAPEUTIC INERTIA & DIABETES

## BACKGROUND

Nearly **5 million people** in the UK have Diabetes.

**Type 2 Diabetes Mellitus** (or type 2 diabetes) develops when a person's body cannot control the amount of sugar in their blood. Diabetes costs the NHS **£10 million per year** (or 12% of the NHS budget).



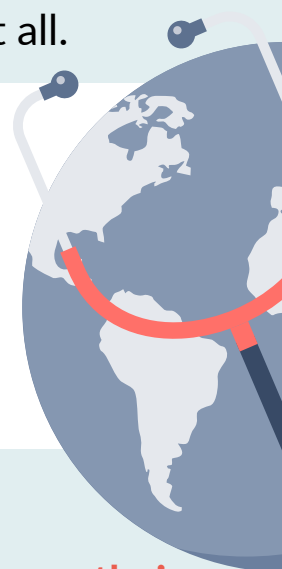
## COMPLICATIONS

Diabetes develops over a **number of years**. Reaching and maintaining the recommended blood sugar targets can take a long time.

A delay in reaching these targets by 1 year significantly increases the risk of **heart disease and stroke**. Symptoms include excessive thirst, needing to pass urine a lot and tiredness. However, some people have no symptoms at all.

## SOLUTION

Our ARC East Midlands team has developed the concept of **therapeutic inertia** to call for **early action on diabetes management in primary care**. This has been recognised both nationally and internationally.



## THERAPEUTIC INERTIA

It is the responsibility of healthcare professionals to **change their patients' treatment plans** to try and avoid this increased risk of heart disease and stroke.

When this doesn't happen, it is called **therapeutic inertia**. Therapeutic inertia is the term used to describe the failure to advance therapy or to de-intensify therapy when it is clinically appropriate to do so.



## EVIDENCE

This evidence has led to changes in the clinical management of people with type 2 diabetes, including:

- A global policy on **early action in diabetes**.
- Changes in **national and international guidelines**.
- The adoption of health technology around the **fixed-dose** combination of drugs.
- More **frequent monitoring of HbA1c** and **earlier intensification of therapy**.



## READ MORE

To find out more about our work in this area, please see:

ARC studies:

- <https://arc-em.nihr.ac.uk/research/de-intensification-medications-d-med-study>
- <https://arc-em.nihr.ac.uk/research/enhanced-diabetes-evaluation>

Selected Publications:

- [https://www.primary-care-diabetes.com/article/S1751-9918\(17\)30008-6/abstract](https://www.primary-care-diabetes.com/article/S1751-9918(17)30008-6/abstract)
- <https://dom-pubs.onlinelibrary.wiley.com/doi/full/10.1111/dom.15337>
- <https://www.nature.com/articles/s41574-023-00857-w>
- <https://link.springer.com/article/10.1007/s13300-023-01458-6>
- <https://dom-pubs.onlinelibrary.wiley.com/doi/full/10.1111/dom.14482>
- <https://www.sciencedirect.com/science/article/pii/S0168822723006514>
- <https://dom-pubs.onlinelibrary.wiley.com/doi/10.1111/dom.14455>

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