

POST MARKET REVIEW OF PRODUCTS USED IN THE MANAGEMENT OF DIABETES

CONSULTATION PAPER

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Independent, not-for-profit and evidence based,
NPS enables better decisions about medicines and
medical tests. We are funded by the Australian
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Submission

NPS appreciates the opportunity to address the Terms of Reference five to seven in the *Post Market Review of Products Used in the Management of Diabetes* review.

Appropriate medication and treatment management is imperative to quality use of medicines. We are happy to expand on any of the issues raised in this paper. Thank you again for the opportunity to contribute.

In considering the review we would like to highlight the following:

Describe the utilisation and patterns of use of self-monitoring of blood glucose (SMBG) for people with Type 2 diabetes.

Utilisation patterns for SMBG were explored as part of the 2008 NPS clinical audit focusing on optimising the management of Type 2 diabetes. Over 1100 GPs participated in this quality improvement activity with data aggregated on 22 287 patients. Of all patients 65% were reported to have undertaken optimal SMBG.

In the 2007-08 National Health Survey it was estimated that 818 200 Australians have diabetes (88% Type 2 diabetes). Of those with diabetes 46% tested their blood glucose levels at least once a day and a further 22% tested their blood glucose levels at least once a week.

Determine the clinical outcomes and benefits (e.g. HbA1C) of self-monitoring of blood glucose (SMBG) relative to HBA1C monitoring alone for people with Type 2 diabetes not treated with insulin.

Most recent NPS audit data that closed last month shows 51% (N = 27679) of patients achieved the recommended target HbA1c (<7%) measured in the last 12 months. We do not have information as to how many of these patients were also self-monitoring their blood glucose levels.

Consider the clinical criteria for eligibility for subsidised access to blood glucose test strips under the PBS and NDSS, accounting for clinical benefits offered through SMBG compared to regular HbA1C monitoring.

NPS believe for SMBG to be clinically effective the doctor and patient need to agree on a clear purpose or goal to testing, and that the benefits of continued SMBG are reassessed on a regular basis.

There is little evidence of benefit for SMBG in patients with Type 2 diabetes and not on insulin. In the majority of recent trials SMBG has been found to provide no improvements in outcomes and may be associated with a reduction in quality of life.

SMBG is sometimes performed for people with newly diagnosed Type 2 diabetes, as part of a self-management education program however; a recent review[†] and randomised controlled trial^{*} have

^{*} [http://abs.gov.au/ausstats/abs@.nsf/Latestproducts/4364.0Main%20Features32007-2008%20\(Reissue\)?opendocument&tabname=Summary&prodno=4364.0&issue=2007-2008%20\(Reissue\)&num=&view=](http://abs.gov.au/ausstats/abs@.nsf/Latestproducts/4364.0Main%20Features32007-2008%20(Reissue)?opendocument&tabname=Summary&prodno=4364.0&issue=2007-2008%20(Reissue)&num=&view=)

cited on 16th October 2012.

[†] Clar C, Barnard K, Cummins E, et al. Self-monitoring of blood glucose in type 2 diabetes: systematic review. *Health Technology Assessment* 2010;14(12)

failed to demonstrate that the addition of SMBG to an education program improves glycaemic control compared to education alone.

It is important to note SMBG does have a role in a limited number of situations for patients not on insulin including:

- Patients where there is a potential risk of hypoglycaemia, e.g. on sulphonylurea, acute illness, medication changes, intense physical activity
- To optimise glycaemic control prior to conception and during pregnancy
- Prior to initiation of insulin (and thereafter).

NPS suggest the following clinical criteria for eligibility for subsidised access to blood glucose test strips:

- Patients on insulin, or prior to initiation of insulin
- Newly diagnosed patients for a short period of time to inform and educate about the relationship between diet, exercise and blood sugar
- During periods of glycaemic instability
- To optimise glycaemic control prior to conception and during pregnancy

* *NHS Diabetes. Self monitoring of blood glucose in noninsulin-treated Type 2 diabetes: a report prepared by an NHS Diabetes Working Group. March 2010. Available from: www.diabetes.nhs.uk (Accessed Nov, 2010).*