



National Prescribing Service Limited

NPS targets proactive management of glycaemia

The South East Alliance of General Practice (Brisbane) is now participating in a new National Prescribing Service Limited (NPS) program, '*Early use of insulin and oral antidiabetic drugs*'.

Current guidelines advocate more aggressive treatment of hyperglycaemia in type 2 diabetes, necessitating the early introduction of insulin. New international consensus guidelines reinforce the importance of intensifying oral combination therapy, or adding insulin to existing therapy, if patients are not reaching their target HbA_{1c} levels after three months.

Early insulin may be a more appropriate choice than glitazones in some patients, due to emerging potential risks. NPS has developed an education program which distils the evidence and provides practical tips on how to best initiate insulin.

Specifically, you will discuss information with an NPS Facilitator on how to initiate insulin simply and safely, as well as how to address patients' concerns about using insulin. Introducing basal insulin at night-time to complement an existing oral therapy regimen can be a safe and simple way to overcome patient resistance to insulin use.

Judith Mackson of NPS said: "This education program also examines the evidence around glitazones and describes their place in therapy – and when to avoid them."

Ms Mackson said GP key informants and expert panel consideration were utilised to produce resources and activities for GPs as part of this program. "You can get involved in the program by arranging for a personal update with an NPS Facilitator or be part of a small group interactive case study discussion," she said.

The '*Early use of insulin and oral antidiabetic drugs*' program is supported by the February 2008 edition of NPS' bi-monthly bulletin *NPS News*, which includes a case study, as well as the Prescribing Practice Review (PPR), which was distributed to GPs in late February. A clinical audit will also be available soon. All resources are accessible via the NPS website www.nps.org.au

To arrange a visit on this NPS topic, please fill in the insert in this newsletter and faxback to the Alliance or for more information speak to Michael Copestake on ph: 3840 6150

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