

**Title: Why Aren't Patients Self-Adjusting Insulin? The Patient's Perspective (Part 2)**

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**Purpose:** Clients using insulin therapy have difficulty achieving glycemic targets. Using 2014 Provincial Registry data on adult follow-up cases with T1DM/T2DM (n=10,500), 18% had A1Cs ≥8.5%. In insulin users, alone or in combination (n=4,300), >34% had A1Cs ≥8.5% and 24% had A1Cs ≥9%. To understand the patient perspective on self-adjustment of insulin, we surveyed individuals using insulin ≥ 6 mos.

**Methods:** Diabetes educators across NS recruited clients to complete a brief 10-question survey addressing adjustment practices, reasons for adjusting, factors that help or hinder adjustment, and DM-related stress.

**Results:** 79 of 101 (78%) self-adjusted insulin: Male=44.3%, mean age 56.2. Compared to adjusters, non-adjusters (n=22) were older (mean age 68.4), 55% ≥70 yrs vs 17.7%. Survey findings included:

<b>Moderate-Serious Problem for patient:</b>	<b>Adjusters (79)</b>	<b>Non-adjusters (22)</b>
Fear of going low (hypoglycemia)	38.1%	46.7%
Expense of testing	27.4%	26.7%
Difficulty understanding how to adjust	23.3%	35.7%
Confidence to adjust properly	15.0%	33.3%
Diabetes Distress Screen: Feels that adjusting insulin increases the stress of having diabetes	18.8%	25.0%

**Conclusions:** The survey reinforced the need to continue with current tool development that resulted from a provider survey conducted in 2015 (Part 1), to assist educators and clients to self-adjust insulin. An algorithm assists educators in determining patient ability/readiness to self-adjust. Components include tools to assess (questionnaires) and then assist (short videos/cue cards) with comprehension/cognition, psychological insulin resistance, readiness to self-adjust, and fear of hypoglycemia. Simple tools to support adjustment of basal and mealtime insulin are in the pilot phase.

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