

# Prescribing Sulphonylureas in 75yr olds with Type 2 Diabetes

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## Background

Rates of population ageing are unprecedented in modern times. Current Type 2 Diabetes management strategies in highly functioning older adults with a longer life expectancy are similar to those for younger people, but may be potentially unsafe in functionally impaired or frail individuals.

## Aim

Identify patients over 75 year old with Type 2 Diabetes on long-term Sulphonylureas with the aim of stopping overall prescriptions for this patient group.

## Methods

- Baseline data on Diabetics prescribed sulphonylurea over the age of 75 obtained from Practice Manager.
- Proforma created to structure Diabetic review appointments.
- Patients on regular sulphonylurea medication discussed reducing/stopping sulphonylurea at 6 monthly Diabetic review. With Practice Nurse
- System reminder added to complete opportunistic reviews on non-attenders.

### Exclusion criteria:

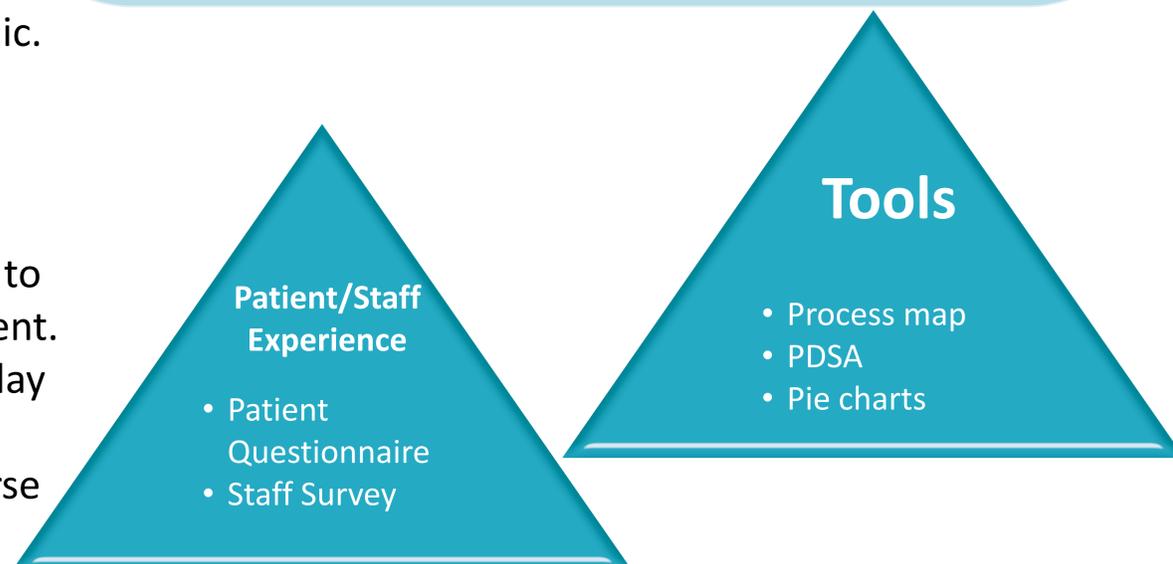
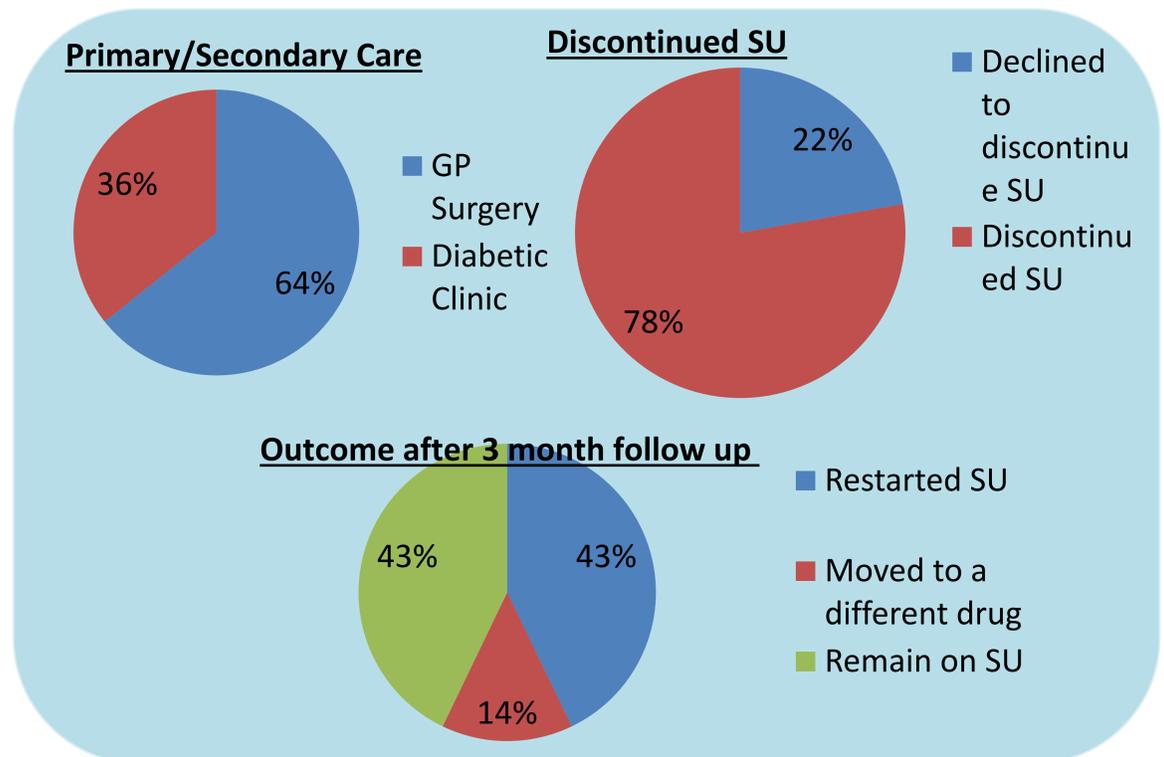
- Patients reviewed at Diabetic Out-Patient clinic.

## Tests of change

- Structured consultation to discuss stopping sulphonylurea.
- Information leaflet created for Practice Nurse to hand out to patients during review appointment.
- Practice Nurse will ensure patients have sick day rules.
- Change in system of alerting GPs/Practice Nurse for patients over 75 on sulphonylurea.
- Read code entered into Vision after review and safety information discussed.
- Spreadsheet used to collect data on patients stopped/restarted sulphonylurea.
- Patients that discontinued sulphonylurea are reviewed after 3 months.

## Lessons learned

- Practice Nurse reluctant to reduce/discontinue sulphonylurea unless patient is symptomatic i.e reduction in home blood glucose monitor readings, reduced appetite, weight loss or low hbA1c.
- In the future patients eligible for sulphonylurea and unable to monitor or refuse to monitor blood glucose should not be prescribed an sulphonylurea.
- May consider changing patients to a different drug.



## Outcomes and results

14 Diabetic patients over 75 prescribed an sulphonylurea identified. 5 Patients were excluded. All 9 patients discussed stopping their sulphonylurea with the Practice Nurse. Out of the 9 patients, 2 declined to discontinue sulphonylurea. 7 discontinued their sulphonylurea. 2 restarted due to increase in hba1c and symptoms. 1 patient restarted another drug. 1 patient left the practice.

The 3 remaining patients who have currently discontinued their sulphonylurea are due their 3 monthly review with the Practice Nurse within the next month.