

EVALUATION OF GLYCEMIC CONTROL WITH AN INSULIN SELF TITRATION PROGRAM (B1), Jessica Bugay. Kaiser Permanente Medical Care Program, Stockton, CA (Jessica.V.Bugay@kp.org) IRB approved.

Patient insulin self titration has been used to improve glycemic control and enhance patient confidence and satisfaction with insulin therapy. An insulin self titration pilot program was implemented by ambulatory care pharmacists and diabetes care managers in the Central Valley Area for basal insulin (glargine, NPH, or detemir) initiation and titration. The purpose of this retrospective, chart review study was to evaluate all English speaking, type 2 diabetic patients using the regional Kaiser Permanente insulin self titration algorithm from September 2008 to January 2009 to determine the effectiveness in achieving glycemic goals. Minors and pregnant women were excluded. Each patient served as his or her own control. Baseline and periodic weekly monitoring of fasting blood glucose levels and the units of insulin injected were evaluated by care managers. Care managers assessed patients for hypoglycemia and any barriers or advantages to using the algorithm at weekly follow up. The primary outcome measures were the average change in fasting blood glucose values, the duration of time for patients to achieve pre prandial blood glucose levels between 90 to 130 mg/dl, the rate at which patients achieved hemoglobin A1c less than 7 percent, and the incidence of hypoglycemia. The secondary outcome measures were to analyze self titration utilization among the different

demographic groups and identify factors for non adherence.
The results will be presented.