

press release

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New data identifies gaps in some patient-physician perceptions of diabetes control and improving communication may benefit diabetes management

- *Adults with uncontrolled type 2 diabetes (T2D) report a significantly greater impact of the disease on their life than physicians expect*
- *Adults with T2D also report a broader definition of control of their disease vs. physicians*
- *Improved communication about diabetes control between patients and physicians could lead to improved patient outcomes*

Gatwick, UK, 15 September 2015 – Findings from the *Perceptions of Control* (POC) study presented today at the 51st European Association for the Study of Diabetes (EASD) in Stockholm revealed that perceptions of diabetes significantly differed between adults with type 2 diabetes (T2D) who are uncontrolled on basal insulin and physicians.

People with T2D had a broader definition of control than physicians, perceived greater obstacles to maintaining control and reported that life was impacted significantly more than physicians expected.¹ These findings suggest that increased physician awareness of patients' perceptions of their condition and could improve diabetes management.¹

"This study clearly demonstrates a disconnect in perceptions of control on basal insulin between patients with type 2 diabetes and their doctors. Specifically, patients uncontrolled on basal insulin perceive more obstacles to achieving control of their disease and that the disease has a greater impact on their daily lives than is recognised by their doctors." said Anthony Barnett, emeritus Professor of Medicine, University of Birmingham and Honorary Consultant Physician, Heart of England NHS Foundation Trust, Birmingham. "It is critical that health care professionals recognise how being uncontrolled on basal insulin has a profound impact on patients' daily lives so that they can support their patients' diabetes management, help with realistic treatment decisions and hopefully reduce the risk of long term complications."

In the POC study, more physicians defined control by frequency/severity of hypoglycaemia (93% vs. 69%, $p < 0.001$), complications (89% vs. 75%, $p < 0.001$) and HbA_{1c} level (85% vs. 79%, $p < 0.05$).¹ The definition of control for people with T2D was much broader than clinical measures and included energy levels (75% vs. 33%, $p < 0.001$), predictability of life (72% vs. 29%, $p < 0.001$) and how much they think about their disease (68% vs. 31%, $p < 0.001$).¹

People with T2D perceived more lifestyle obstacles to achieving control, including stress (75% vs. 54%, $p < 0.001$), family obligations (61% vs. 33%, $p < 0.001$) and a lack of patient support groups (56% vs. 11%, $p < 0.001$).¹

Additionally, the time period in which physicians and people with T2D thought about control reflected their respective definitions. More physicians thought about control in the terms of the last three months (60% vs. 19%; $p < 0.001$) - consistent with the period for measuring HbA_{1c}.¹ Whereas, more people with T2D considered the last week or even more recently (51% vs. 7%; $p < 0.001$) because they focused on the impact of the disease on their daily lives.¹

About the Perception of Control (POC) Research Study

The POC study was based on information collected from a web survey of 300 physicians and 1,012 adults with T2D uncontrolled on basal insulin (physician-confirmed HbA_{1c} > 8% (64 mmol/mol)) from the UK (n=100 physicians and 620 patients), Sweden (n=100 physicians and 240 patients) and Switzerland (n=100 physicians and 152 patients).¹ Information was also collected from a control group of 295 adults with type 2 diabetes controlled on basal insulin (physician-confirmed HbA_{1c} < 7.5% (59 mmol/mol) from the UK.¹ In total, data were collected from 1,607 patients and physicians for analysis. The purpose of the study was to investigate how this patient population perceived control and whether it differed from perceptions of control among physicians.¹

About Novo Nordisk

Novo Nordisk is a global healthcare company with more than 90 years of innovation and leadership in diabetes care. This heritage has given us experience and capabilities that also enable us to help people defeat other serious chronic conditions: haemophilia, growth disorders and obesity. Headquartered in Denmark, Novo Nordisk employs approximately 39,700 people in 75 countries and markets its products in more than 180 countries. For more information, visit novonordisk.co.uk.

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Reference

1. Brod M, *et al.* Perceptions of Diabetes Control Among Physicians and Patients With Uncontrolled Type 2 Diabetes Using Basal Insulin. Poster presentation (#890) at the 51st European Association for the Study of Diabetes (EASD) Annual Meeting, 16 September 2015.