

Insulin Initiation in Type 2 Diabetes

When to Initiate Insulin



Severe hyperglycemia



Not at target despite maximal non-insulin therapy

REASSESS AND MODIFY TREATMENT REGULARLY
3–6 MONTHS

Benefits of Basal Insulin Therapy



Convenient once daily dosing



Cost



Adjunct to current therapy



Safety



Effective at lowering A1C & fasting glucose

Basal Analog



The Options of Basal Insulin



Neutral Protamine Hagedorn (NPH)

Starting dose (basal analog or NPH)

10 units or 0.1–0.2 units/kg



Self titration: use an evidence-based algorithm

Set target fasting blood glucose

Determine titration parameters

Watch for hypoglycemia, identify cause and adjust accordingly

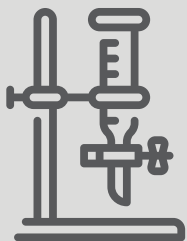


Parameter examples:

>Target: +2 units every 3 days

<Target: -2 Units

Unexplained hypoglycemia: 10–20% reduction



Always use clinical judgment when caring for people with diabetes.