

ADEQUACY OF USE AND EFFECTIVENESS OF GLP-1 RECEPTOR AGONISTS IN REAL CLINICAL PRACTICE

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BACKGROUND

NICE guidelines recommend the use of a Glucagon-Like Peptide 1 Receptor Agonists (GLP-1 RA) for adults with type 2 diabetes who have a BMI of 35 kg/m² or higher, and continue therapy if a reduction of at least 1% in HbA1c and a weight loss of at least 3% in 6 months is achieved.

PURPOSE

To describe if the prescriptions of GLP-1 RA are in accordance with NICE type 2 diabetes guidance, assessing the effectiveness of GLP-1 RA, in terms of HbA1c reduction and weight loss.

MATERIAL AND METHODS

Observational, retrospective study in a community health centre.

Inclusion criteria: Patients treated with GLP-1 RA for at least six months during 2015.

Source of data: A computer application for clinical data consulting (Consult@web).

General variables: Age, sex, drug and duration of treatment.

Effectiveness variables: Hb1Ac, BMI and weight at baseline and 6 months of treatment.

Statistical analysis: Student's test for differences between effectiveness variables.

RESULTS

71 patients →
median age: 60,9
years
(39,1 – 85,6)

Baseline data (over 66 patients); **mean:**

- **BMI:** 37,4 ± 5,7 kg/m²
- **Weight:** 100,6 kg (CI95% 96,3-105,5)
- **Hb1Ac:** 8,4% (CI95%: 8,0-8,9)

6 months
treatment

Hb1Ac mean 7,3%
(CI95%: 7,0-7,7);
p=0,173

**27,4% met NICE
guidance
criteria**

Weight mean 97,0kg
(CI95%: 92,8-101,7);
p<0,0001

**52,1% met
NICE guidance
criteria**

CONCLUSION

- ✓ **GLP-1 RA therapy reduced Hb1Ac**, but differences were not significant.
- ✓ Significant **differences** were found **in weight loss**.
- ✓ The **prescriptions compliance** in accordance with the NICE guidance **was low** because many patients continued treatment despite not achieving the expected effectiveness.