



## Summary of NICE Guidelines

Title	Type 2 diabetes: The management of type 2 diabetes
NICE Reference	CG 87
Date of Review:	
Date of Publication	
Summary of Guidance (Max 250 words)	<ul style="list-style-type: none"><li>▪ Patients with diabetes should be offered structured education at diagnosis, with annual reinforcement and review.</li><li>▪ Patients should be provided with individualised and ongoing nutritional advice.</li><li>▪ A target HbA1c should be set and therapy offered to help achieve and maintain the target, including self-monitoring of plasma glucose. HbA1c should be measured at 2-6 monthly intervals until blood glucose is stable, and then at 6 monthly intervals. If HbA1c monitoring is invalid (because of disturbed erythrocyte turnover or abnormal haemoglobin type) estimate trends in blood glucose control using fructosamine/QC'ed plasma glucose profiles, or total glycated Hb estimation.</li><li>▪ Therapeutic options include metformin, sulfonylureas, acarbose, DPP-4 inhibitors, thiazolidindiones, GLP-1 mimetics and insulin. When starting insulin therapy, a structured programme employing active insulin dose titration should be used.</li><li>▪ BP, CV risk (including a lipid profile with HDL and trigs), albumin:creatinine ratio (ACR), serum creatinine and eGFR should be monitored annually.</li><li>▪ Eye screening and enquiry about the development of neuropathic symptoms should be offered annually</li></ul>
Impact on Lab (See below)	<input checked="" type="checkbox"/> Moderate
Lab professionals to be made aware	<input type="checkbox"/> Laboratory Manager <input type="checkbox"/> Chemical Pathologist <input type="checkbox"/> Clinical Scientist <input type="checkbox"/> Biomedical Scientist
Please detail the impact of this guideline (Max 150 words)	Provision of HbA1c, HDL, triglycerides, ACR, creatinine and eGFR for routine monitoring of diabetic patients.  Provision of HbA1c alternatives and advice on the use of HbA1c alternatives where necessary.

### Impact on Lab

- None:** This NICE guideline has no impact on the provision of laboratory services
- Moderate:** This NICE guideline has information that is of relevance to our pathology service and may require review of our current service provision.
- Important:** This NICE guideline is of direct relevance to our pathology service and will have a direct impact on one or more of the services that we currently offer.