

## BALANCING SHORT-TERM COSTS AND LONG-TERM BENEFITS

### INTRODUCTION

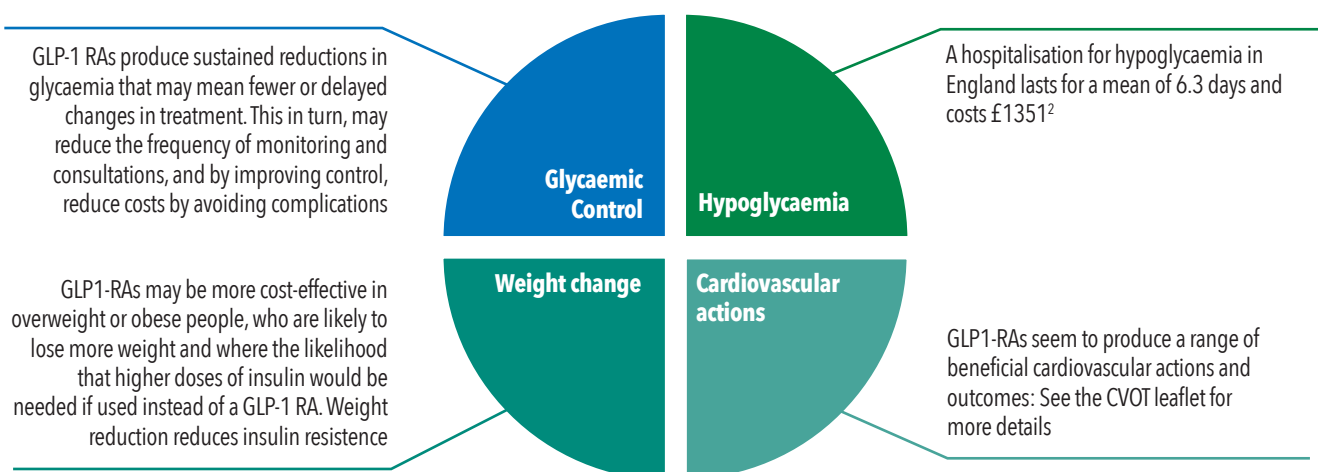
- Treating type 2 diabetes (T2D) accounts for about 9% of the annual NHS budget.<sup>1</sup>
- Treating complications accounts for 80% of the costs of managing T2D.<sup>1</sup>
- Indirect costs (eg lost productivity, and social and informal care) also impose a heavy economic burden.
- Antidiabetes drugs account for an estimated 5.5% of the total direct costs of treating T2D.
- Cost, although important, is not the only element in the decision about which drug to prescribe (see leaflet on initiating GLP-1RAs).

### REMEMBER THE SIX 'P'S FOR PRESCRIBING

When deciding on a therapy, healthcare professionals often consider the cost of the medication; however, therapies for diabetes have varying roles, are suitable for different patients, and are associated with particular side effects and benefits beyond glucose lowering; so the choice should take into account the 6 Ps of prescribing.

<b>Pathophysiology</b>	<ul style="list-style-type: none"> <li>■ Consider the pathophysiology to individualise management eg: insulin resistance or deficiency; red flags such as new diabetes with unintentional weight loss</li> <li>■ Consider the drug's pharmacological profile with respect to the patient's pathophysiology: eg mechanism of action, pharmacokinetics, pharmacodynamics, interactions</li> </ul>
<b>Potency</b>	<ul style="list-style-type: none"> <li>■ How well the drug works: eg reduction in HbA<sub>1c</sub>, duration of glycaemic control, effect on weight, cardiovascular outcomes</li> </ul>
<b>Practicalities</b>	<ul style="list-style-type: none"> <li>■ eg dose frequency, dose adjustment, monitoring</li> </ul>
<b>Possibilities</b>	<ul style="list-style-type: none"> <li>■ What are the actions other than lowering HbA<sub>1c</sub> such as the effect on weight or cardiovascular outcomes</li> </ul>
<b>Problems</b>	<ul style="list-style-type: none"> <li>■ eg side-effects, concerns (eg heart failure and pancreatitis, poor concordance)</li> </ul>
<b>Price</b>	<ul style="list-style-type: none"> <li>■ Costs are more than the acquisition price and include, for example, the costs of monitoring, consultations and managing adverse events</li> </ul>

### FACTORS THAT INFLUENCE COST-EFFECTIVE PRESCRIBING OF GLP1-RAs



### REFERENCES

- 1 NHS Diabetes Prevention Programme (NHS DPP) Available at [publichealthmatters.blog.gov.uk/2018/05/24/health-matters-preventing-type-2-diabetes](http://publichealthmatters.blog.gov.uk/2018/05/24/health-matters-preventing-type-2-diabetes) Accessed January 2019
- 2 Holbrook T, Tang Y, Das R, et al *International Journal of Clinical Practice* 2017;71:e12958

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