

# Draft ADA/EASD consensus update on management of hyperglycaemia in type 2 diabetes management

The American Diabetes Association (ADA) 82<sup>nd</sup> Scientific Sessions were held in New Orleans and online from 3<sup>rd</sup> to 7<sup>th</sup> June 2022. One highlight was a session in which draft changes to the ADA/EASD Consensus Report were reviewed. The proposed changes give the guidance a greater focus on holistic, person-centred care, weight loss and equity of care. The presentation can be [viewed here](#), and viewers are encouraged to submit feedback.

The Chairs and writing group members presented the 2022 draft of the ADA/EASD consensus report on the management of hyperglycaemia in type 2 diabetes on the penultimate day of the ADA 82<sup>nd</sup> Scientific Sessions. The draft updates the 2018 consensus and its 2019 update, based on evidence from the last 3 years. The final consensus is due to be presented and published in September 2022 at the EASD conference. A webinar of the presentation is [available here](#), and the diabetes healthcare community is invited to view the presentation and provide feedback; the consultation is open until 21<sup>st</sup> June.

## Perspective

- There is a greater focus on the social determinants of health (SDOH), systems and equity of care.
- Emphasis on holistic, person-centred care and a greater focus on weight goals and cardiovascular outcome trials.
- For each intervention area, a summary of the supporting evidence base will be provided.

## Rationale, importance and context

- Goals:
  - Prevention of complications (focus on glucose control, cardio-renal protection, weight management, cardiovascular risk and complications).
  - Optimise quality of life.
- More emphasis on Language Matters and aspects of SDOH to consider and incorporate in management.

- Weight reduction as a targeted intervention, exploring benefits of different levels of weight reduction from 5% to >15%, which is now achievable.
- Ongoing importance of putting the person with diabetes at the centre of care, and empathic, patient-centred care. The decision cycle diagram from the 2018 consensus has been updated to include:
  - Assess key individual characteristics, including SDOH.
  - Consider specific factors impacting choice of treatment.
  - Shared decision-making to create a management plan.
  - Agree on management plan.
  - Implement the management plan, with focus on avoiding clinical inertia by healthcare professionals.
  - Ongoing support and monitoring.
  - Review and agree on management plan.

## Therapeutic options

- Responding to the obesity pandemic by increased focus on **weight reduction** using lifestyle behavioural changes (medical nutrition therapy and physical activity), drug therapy and metabolic surgery.
- Importance of **24-hour physical behaviours** for type 2 diabetes – for the first time, includes sleep.
  - **Sitting** – light activity or resistance exercise for a few minutes every 30 minutes.
  - **Stepping** – an additional 500 steps daily can



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### Have your say

The presentation can be viewed on the DiabetesPro site, and viewers are encouraged to submit feedback until 21 June 2022.

[Click here](#) to view the presentation and to see instructions for submitting feedback.

impact glycaemic control and cardiovascular mortality, prolonging life.

- **Sweating** – 150 minutes of moderate-to-vigorous aerobic activity (or 75 minutes of vigorous activity if safe) per week, supplemented by flexibility and balance exercises.
  - **Strengthening** – two to three sessions per week to aid function, frailty and sarcopenia.
  - **Sleep** – quality, quantity (>6 and <9 hours per night); recognition of chronotype impact.
  - **Glucose-lowering drug treatments** – summary of benefits and risks of classes:
    - Updated to include oral GLP-1 RAs, higher doses of dulaglutide and semaglutide, the GIP/GLP-1 RA class, combination GLP-1 RA and insulin.
    - Side effects of TZDs can be mitigated by optimising dosing and combining with other medications such as SGLT2 inhibitors and GLP-1 RAs.
    - Importance of increased “Education and explanation” about drug therapies offered to improve adherence, and “Escalation” to appropriate doses to achieve agreed glycaemic goals.
    - Updated patient-centred care diagram, emphasising a circular, not sequential, care pathway.
  - **ASCVD or high risk of ASCVD:** offer a GLP-1 RA or SGLT2 inhibitor. Intensify, if needed, with the other class or with pioglitazone. Reassurance that combination with metformin does not have negative impact.
  - **Heart failure:** Offer an SGLT2 inhibitor; if this is unsuitable, offer a GLP-1 RA.
  - **CKD:** section updated to differentiate between:
    - Advanced albuminuria (>200 mg/g [22.6 mg/mmol]): an SGLT2 inhibitor with demonstrated renal benefits is the preferred treatment. If not suitable, consider another SGLT2 inhibitor or a GLP-1 RA with evidence of renal benefits.
    - CKD with albuminuria <200 mg/g (22.6 mg/mmol): focus on decreasing ASCVD risk using a GLP-1 RA or SGLT2 inhibitor.
- goals to prevent complications and optimise quality of life.
- Four areas of focus: glycaemic management, weight management, cardiovascular risk factor management and cardio-renal protection. All equally important when considering therapies.
  - Principles of care – all equally important, without any one priority:
    - Language Matters.
    - Shared decision-making.
    - Access to diabetes self-management education and support.
    - Taking into account psychosocial factors and SDOH.
    - Consider local healthcare systems/resources.
    - Be an advocate to promote diabetes care.
    - Avoid therapeutic inertia.
    - More aggressive and proactive treatment, including consideration of initial combination therapy.
    - Surveillance and screening for complications.
    - Health behaviour modification very important.
    - Monitor and review therapies for side effects.
    - Consider therapies that allow avoidance of hypoglycaemia risk.
    - Consider the balance of efficacy and side effects of therapies.
    - Review the organisation of care where you work.
    - When making choices of therapy, consider underlying physiology.
  - The final consensus document will include:
    - An expanded patient-centred care diagram integrating the four areas of focus, the principles of care and summarising the specific management options for those with comorbidities.
    - An updated, simplified algorithm, including recommendations depending on comorbidities and giving equal focus to glycaemic control and weight management/maintenance, colour-coded by efficacy of therapy options.

### Strategies for implementation

- Holistic approach to type 2 diabetes management with the patient at the centre, and

### Practical tips for implementation

- Importance of integrated care and knowing local resources.
- Diabetes self-management education and support at any time, not just at diagnosis.

- Facilitate healthy behaviours and weight management, with focus on self-management and education.
  - Proactive care:
    - Consider initial combination therapy.
    - Avoid inertia.
    - Consider de-escalation.
    - GLP-1 RA before insulin for most.
    - On insulin, if fasting glucose to target but HbA<sub>1c</sub> and time in range are not: add mealtime insulin.
    - Use technology as part of holistic care and, if using CGM, ensure education and understanding of results.
    - Identify education needs and ensure education for all healthcare professionals.
    - Team-based care and coordinated care.
    - Ongoing quality improvement of all aspects of care delivery.
- Call to action from John Buse**
- Major opportunities to improve diabetes outcomes by effective implementation of the available best evidence.
    - Everyone has a role in better implementation and ensuring equity of access and care.
- Individualising care is important to ensure that the right person is getting the right therapy at the right time, independent of their SDOH.
  - Key knowledge goals and ongoing research are needed to better understand:
    - How to manage young, old and frail, and to address the gender balance.
    - The comparative effectiveness of weight management options.
    - How to set appropriate targets for HbA<sub>1c</sub>, time in range, weight and remission.
    - The comparative effectiveness of cardio-renal protective drugs, including their cost-effectiveness in moderate-risk populations, and effects of combinations of SGLT2 inhibitors and GLP-1 RAs.
    - How best to prevent and manage comorbidities such as NAFLD, cognitive impairment and advanced CKD.
    - How to optimise screening and prevention of type 2 diabetes taking into account current higher BMI populations.
    - How to advance evidence on sleep and chronotypes. ■



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