TYPE 2 DIABETES – HBA1C TARGETS

The North West London health and care partnership

INDIVIDUALISING HBA1C TARGETS

HBA1C TARGET RECOMMENDATIONS:

People with Type 2 Diabetes should normally have their HbA1c maintained between 48 and 58 mmol/mol.

Clinicians should aim to involve people in decisions about their individual HbA1c target level, which may in some cases be above that of 48-58 mmol/mol set for people with Type 2 Diabetes in general.

Target HbA1c level should be informed by a number of factors including duration of Diabetes, life expectancy, comorbidities including established vascular complications and available support.

Tighter targets (6.0 - 6.5% / 42 – 48 mmol/mol)
younger, healthier

Looser targets (7.5 - 8.0%+/ 58-64 mmol/mol
older, CKD, comorbidities, hypoglycaemia prone, End of Life

Encourage the person to maintain their individual target unless the resulting side effects (including hypoglycaemia) or their efforts to achieve this impair their quality of life.

Offer therapy (lifestyle and medication) to help achieve and maintain the HbA1c target level

Inform a person with a higher HbA1c that any reduction in HbA1c towards the agreed target is advantageous to future health.

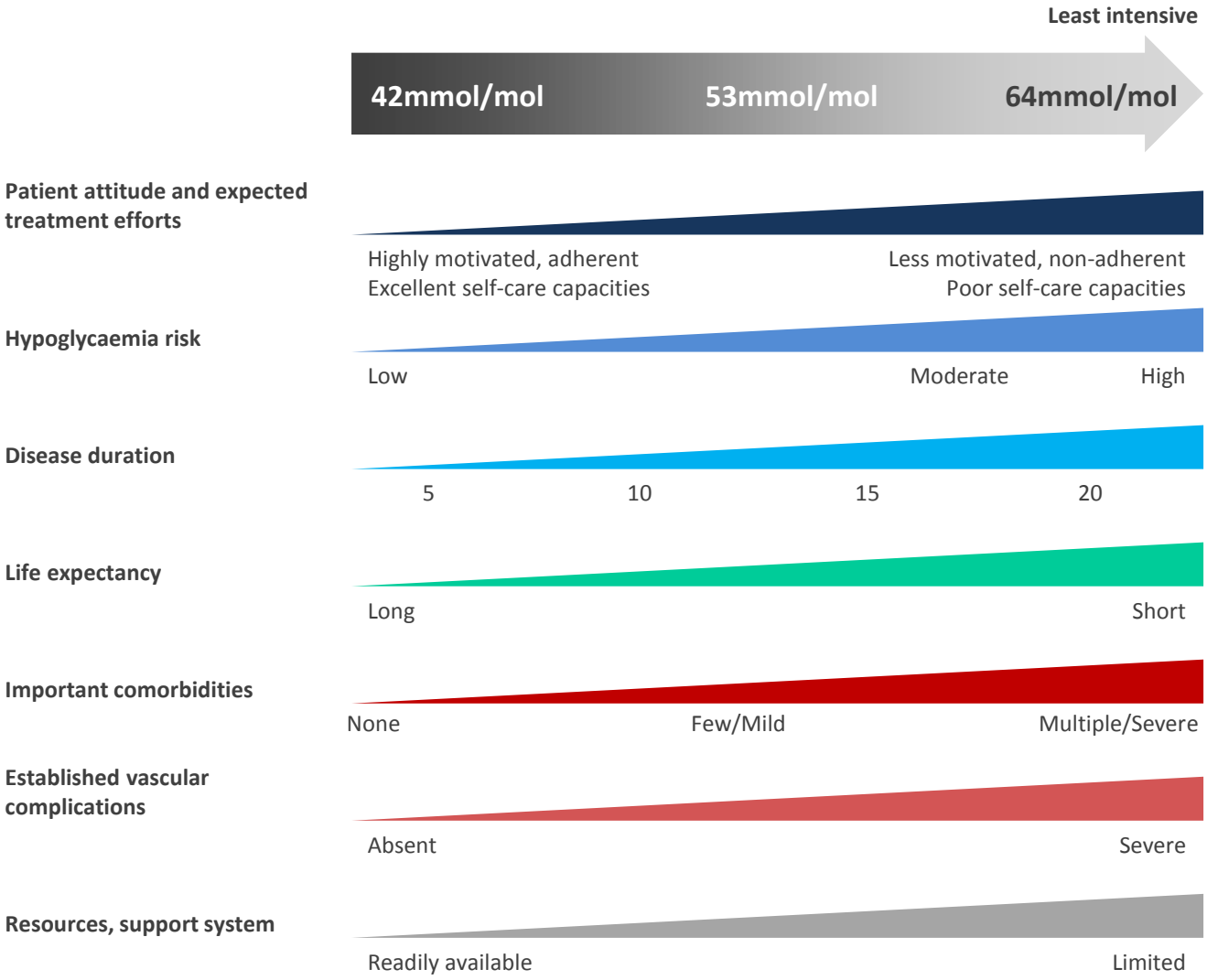
Avoid pursuing highly intensive management particularly in elderly and frail people in whom the risk of hypoglycaemia is high.

HBA1C IFCC UNITS:

HbA1c values should be expressed in mmol/mol instead of percentages as follows:

DCCT (%)	IFCC (mmol/mol)
6.0	42
6.5	48
7.0	53
7.5	58
8.0	64
9.0	75

APPROACH TO MANAGEMENT OF HYPERGLYCAEMIA



From Ismail-Beigi, et al. Individualizing glycemic targets in Type 2 Diabetes mellitus: implications of recent clinical trials. *Ann Intern Med.* 2011 Apr 19;154(8):554-9.

INDIVIDUALISATION OF HBA1C

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Age	<65		65-70		>70		Severe frailty or Residential care	End of Life Care
Duration > 10 years Latest HbA1c > 64-75 Complications: CVD, CKD, retinal, foot Hx of Hypoglycaemia On SU / Insulin	N	Y	N	Y	N	Y	Y	**Refer to:** Diabetes UK End of Life Diabetes Care Clinical Recommendations for advice on targets and potential deprescribing
Target HbA1c	**<48**	**48-53**	**<48**	**53-58**	**53-58**	**58-64**	**58-69**	

Adapted from Khunti and Davies 2010