

TRIGGERS FOR CONSIDERING SIMPLIFICATION

Non-adherence and subsequent poor glycemic control	<ul style="list-style-type: none"> Reducing regimen complexity may aid adherence. Increased adherence has been associated with improved clinical outcomes compared with lower adherence rates
Presence of advanced comorbidities and a complex regimen, with subsequent increased risk of hypoglycemia	<ul style="list-style-type: none"> Macrovascular complications (advanced CHD) or macroangiopathy (PVD, PAD, stroke) Microvascular complications (stage 4 and 5 CHD, advanced diabetic retinopathy/blindness and severe autonomic neuropathy) Simplification can reduce both the hypoglycemia risk and the burden of polypharmacy. The use of agents such as GLP-1 or SGLT-2is may offer cardiorenal protection
Severe or frequent hypoglycemic episodes	<ul style="list-style-type: none"> Simplification may improve safety and QoL
Obesity and overweight	<ul style="list-style-type: none"> Simplification may improve safety, QoL and self-esteem, as well as prevent weight gain (or aid weight loss)
Cognitive impairment/ frailty/history of falls	<ul style="list-style-type: none"> A simplified regimen may be easier to follow for an individual with impaired cognitive function, than trying to manage a complex insulin regimen Individual with frailty or substantial cognitive or functional impairments are less likely to reap the benefits of long-term intensive diabetes management
Negative impact on QoL as a result of a complex regimen	<ul style="list-style-type: none"> Simplification may allow treatment to be more easily incorporated into daily life, thereby reducing psychological and emotional burden
Overtreatment	<ul style="list-style-type: none"> Overtreatment can result in marked increases in hypoglycemia
Limited life expectancy	<ul style="list-style-type: none"> Reduced treatment complexity can sometimes accompany relaxation of glycemic targets Intensive lowering of blood glucose through a complex regimen may not be required if an individual has a limited life expectancy Simplification may ease the treatment burden and improve QoL