



Advances in diabetes therapy in the elderly

Lee FTH. J Pharm Pract Res 2009; 39: 63-7

Learning Objectives:

1. Describe the mechanism of action of the new class of hypoglycaemic medication, the incretins, and describe their place in therapy and adverse effects.
2. Be aware of the latest evidence regarding the risks and benefits of the thiazolidinedione ('glitazone') oral hypoglycaemics.
3. Select the most appropriate hypoglycaemic medication for older people with diabetes.

Pharmacist competency units addressed include:

Competency Unit 3.1 Participate in therapeutic decision making

Competency Unit 3.2 Provide ongoing pharmaceutical management

Competency Unit 3.3 Promote rational drug use

Competency Unit 4.2 Evaluate prescribed medicines

Questions

Completion of these questions is considered a Group 2 CPD activity: Improving Knowledge and Skills with assessment; the number of hours will be dependent on the time you have taken to read the article and complete the multiple choice questions (approximately 1.0 hours).

The correct responses and their rationale will be forwarded to you, with proof of your participation, when you submit answers to the questions.

Q1. The American Geriatrics Society recommends what target HbA1C for frail older people?

- a) <7%
- b) <7.5%
- c) <8%
- d) <8.5%

Q2. Which of the following hypoglycaemics may increase risk of myocardial infarction?

- a) exanatide
- b) sitagliptin
- c) pioglitazone
- d) rosiglitazone

Q3. Which one of the following hypoglycaemics is most likely to cause weight loss?

- a) sitagliptin
- b) exanatide
- c) gliclazide
- d) pioglitazone

Q4. Mrs Jones is a 73 year old woman with renal impairment (creatinine clearance 25 ml/min) and recently diagnosed type 2 diabetes that has not responded to dietary modification. Which of the following hypoglycaemics may be most suitable for her?

- a) acarbose
- b) metformin
- c) gliclazide
- d) exenatide

Q5. Which is the preferred insulin for once-daily dosing in elderly type 2 diabetics?

- a) isophane insulin
- b) Mixtard 30/70 (pre-mixed isophane and soluble insulin)
- c) insulin glargine
- d) insulin glulisine