



Title	Intensive Polypharmacological Treatment of Type 2 Diabetes in Daily Clinical Practice – A Health Technology Assessment
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Aim

To identify possible ways of improving intensive polypharmacological treatment of type 2 diabetes in Denmark by investigating how it forms part of general clinical practice.

Conclusions and results

The *literature review* on barriers and promoting factors concerning polypharmacological treatment of type 2 diabetes shows a treatment that has effect, but also involves several different barriers. Regarding general barriers associated with diabetes treatment in general practice, the literature review emphasizes that general practitioners (GPs) have difficulties convincing patients about the seriousness of the disease. Patients notice only the short-term and visible consequences of treatment.

The survey shows that GPs experience other barriers in their daily practice. It is characteristic for GPs to emphasize both the barriers and the promoting factors related to patients. The survey points to a relative high level of satisfaction as regards cooperation between outpatient clinics and general practice in Funen County.

The *qualitative study* shows that physicians (both GPs and specialists), even those who are committed, carry out polypharmacological treatment in spite of several restraints, but they often fail to reach their objectives.

Recommendations

Information exchange concerning medicine; cooperation between general practice and outpatient clinics; the relation between pharmacological treatment and lifestyle intervention; concordance and self-care; the use of technology in chronic care.

Methods

Literature review, survey, and qualitative study.