

## Background Insulin in DAFNE

This guidance statement is prompted by recent audit findings presented at the Collaborative in June 2013 and published in abstract form as a poster at the EASD September 2013.

Audit of 558 records from the extended dataset of the DAFNE Database Research has shown that a statistically significant reduction in HbA1c 12 months after DAFNE occurs **only in patients taking background insulin twice daily**. Analysis of groups taking different types of background insulin (NPH, Detemir or Glargine) correcting for baseline HbA1c, age and duration of diabetes showed no difference in HbA1c outcome between types, but consistently showed statistically significant reductions in HbA1c only in patients taking twice daily background insulin.

In the original DAFNE RCT NPH insulin was exclusively used, and always in a twice daily regimen. There may be other reasons to consider analogue use, such as patient preference for once daily regimen, or problematic overnight hypoglycaemia, but in the absence of such indications we continue to recommend twice daily NPH insulin as the default regimen for DAFNE.

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