

Comparison of the incidence and duration of hypoglycaemia assessed by Continuous Glucose Monitoring (CGM) in elderly type 2 Diabetes patients treated with two different insulin regimens (long and short acting insulin VS premixed insulin) .

ACTRN12616001158459

Status	RECRUITING
Phase	Phase 4
Sponsor	Western Sydney Local Health District
Enrollment	84 participants

Plain Language Summary

This study is for older adults aged 65 and over with Type 2 diabetes who are currently taking a twice-daily premixed insulin injection. It tests whether switching to a different insulin regimen — a once-daily long-acting insulin plus short-acting insulin at two meals — reduces the number of episodes of low blood sugar (hypoglycaemia) compared to staying on premixed insulin.

You may be eligible if:

- You are 65 years of age or older
- You have Type 2 diabetes
- You are currently on a twice-daily premixed insulin regimen
- Your HbA1c is between 6.5% and 10%
- Your other diabetes medications have been stable for the last 3 months

You may NOT be eligible if:

- You have Type 1 diabetes
- You are on long-term steroid medication
- You have severe anaemia or a serious blood disorder
- You have end-stage kidney or liver disease
- You have a documented history of cognitive impairment or mental health disorders
- You live in a high-level residential aged care facility
- You have active cancer (other than common skin cancers)
- You have a history of severe, repeated low blood sugar episodes

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (5)

- T2DM patients
- Age 65 year or older
- On twice daily premixed Insulin
- HbA1c at the time of enrolment: 6.5 to 10 %
- On stable doses of oral hypoglycemic medications in the preceding 3 months before study enrolment

Exclusion (9)

- T1DM Patients
- <https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12616001158459>
- Patients on long-term glucocorticoids or potential glucocorticoid treatment during the study period

DISCLAIMER: This document is for informational purposes only and does not constitute medical advice. Always consult your healthcare provider before enrolling in any clinical trial. Information may not be up to date — verify details at anzctr.org.au. Generated by ClinicalTrialsFinder.org.

- Anemia or known history of significant haematological disorders
 - End stage renal disease on renal replacement therapy
 - End stage liver disease
- ... and 4 more (see full listing online)

Locations (2 total)

Blacktown Hospital - Blacktown, NSW, Australia
Mount Druitt Hospital - Mount Druitt, NSW, Australia