Insulins in Diabetes Care - Consensus & Recommendations from Tenth National Insulin Summit

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National Insulin Summit (NIS), a prestigious annual signature event in the field of diabetes & insulin therapy in India crossed the ten year milestone. The 10th annual NIS was held in New Delhi between 19th-20th August 2016. The 10 year journey of NIS which started from 2006 in Pondicherry has produced 22 scientific publications; an outcome of more than 100 scientific lectures, 24 workshops and 12 consensus statements. The 10th annual symposium consisted of four consensus workshops, one theme lecture, two debates, two professional interest group lectures & ten lectures. The consensus meetings were held on day 2 of the NIS where experts discussed about the existing challenges in diabetes care. Summary of these consensus meetings were presented during the proceedings of day 2 of NIS. The final manuscripts were evolved based on discussions & inputs received from all the discussants & this supplement covers a total of three consensus papers discussed during the NIS 2016.

Tenth NIS had three vital consensuses, which were evolved on: 1) Insulin dose modification during fasting in type 2 DM 2) Overcoming barriers to insulin therapy in the new millennium. 3) Use of insulins in GDM.

The first consensus provides simple and easily implementable guidelines on insulin dose modification during fasting in T2DM patients. The recommendations were proposed on diet, exercise and categorization of risks during fast, breaking fast, dose modification of basal insulin, premix insulin and prandial insulin.

The second consensus is focused on solutions to barriers to insulin therapy. Barriers were categorised into: patient/community-related, physician-related and drug-related. The consensus further provides recommendations based on published literature and clinical experience of the expert members, to address each of these barriers related insulin therapy.

The third consensuses focussed on use of insulin in GDM. The consensus was proposed based on established guidelines (from globally recognised professional bodies as well as those published within India) Consensus recommendations were proposed on use of insulin therapy in GDM (indications, choice of insulin regimen and titration) and practicalities of insulin therapy (pre-partum, intra-partum and post-partum)

The recommendations from the consensus meetings are practical, simple and relevant to current clinical practice which is constructed to suit the Indian clinical setting. In summary, we are assertive that this supplement like the earlier NIS supplements shall be of benefit to the Indian medical fraternity to address the key challenges with insulin therapy in the management of diabetes.