The Impact of Memory Issues on Diabetes Treatment in China

Background

- **Memory issues (MIs), such as unintentional forgetting to take an insulin dose and questioning whether or not insulin had been taken or whether or not you took your dose. This may not be deliberate or intentional and may be because you didn’t have your insulin or pen/needles/vial with you or they were not available.**

- **Consequences of memory issues, especially missing a dose, is a major issue than questioning how much insulin taken (QD) and questioning whether or not insulin had been taken (QT).**

Methods

- **A well-balanced survey examining circumstances leading to the memory issue (MI), corrective actions taken, and impact on health, well-being and diabetes management was conducted.**

Results

- **The major reason for all types of MI was “being busy”**

- **Most MI occurred at work.**

- **For all types of MI, the majority of respondents tested their blood sugar and took a dose.**

- **Unintentional forgetting to take a dose had the most long-lasting consequences on group functioning and emotional functioning (17% of MI occurred through both QT and QD), and also impacted respondents for at least 3 months.**

Samples

- **Memory items by treatment group**

- **Characteristics by treatment group**

- **Memory issues characteristics**

- **Corrective actions taken**

- **Impact of High Blood Sugar as Result of Memory issue**

Conclusions

- **In China, the prevalence of memory issues is high and at least half the population occur at least monthly.**

- **Consequences of memory issues, especially missing a dose, is a non-trivial issue.**

- **Memory issues may represent - an important obstacle for optimal glycemic control and at least a third of patients either took an additional or increased their insulin dose (MIs/MMI’s) leading their blood sugar to a dangerous level.**

- **A contributor to increased cost of care - an important contributor to burden of illness.**

References

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