NICE guidelines versus clinical practice – GLP-1 receptor agonists in type 2 diabetes: the ABCD nationwide audits

KY Thong1, P Sen Gupta2, ML Cull3, KA Adamson1, DS Dowe4, SV Rowles5, S Tarpey1, C Duncan6, J Chalmers1, R Harper1, P McDonald, U Brennan, C Walton7, REJ Ryder2

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The examination audit committees are listed in reference 2.

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Introduction

In conducting two nationwide audits on the use of the glucagon-like peptide 1 (GLP-1) receptor agonists exenatide and liraglutide in the UK, we found that deviations from NICE guidelines were common. Using data from both audits, which had a combined total of 1,235 patients, we evaluated these treatment decisions as well as critically appraised the NICE guidelines.

Findings

We found that in their present form, the NICE guidelines for GLP-1RAs essentially prevent their use in patients with more advanced diabetes who still require effective treatment. Specifically:

• More clinical trials and cost-effectiveness analyses are needed in obese patients with their use in patients with more advanced diabetes who still require effective treatment.

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