

# Injecting insulin

## How TOUGH can it be



The University of  
Nottingham

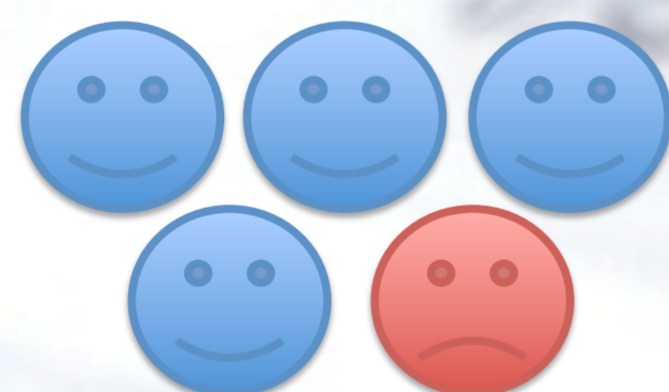
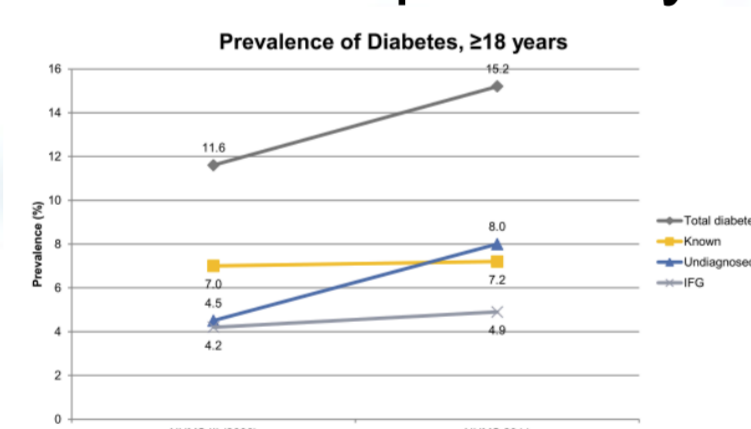
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### The Truth

- Type 2 diabetes is a chronic but progressive disease with no cure.
- Overtime pancreas which produces insulin will slowly deteriorate.
- Oral medications are prescribed to control the blood sugar initially. Eventually patients will require external source of insulin.
- Insulin only comes in injecting form.
- Insulin therapy can reduce complications and improve diabetes control if introduced to suitable patients at an early stage.

### Numbers

- The number of patients with Type 2 diabetes mellitus in Malaysia has **DOUBLED** for the past 10 years.



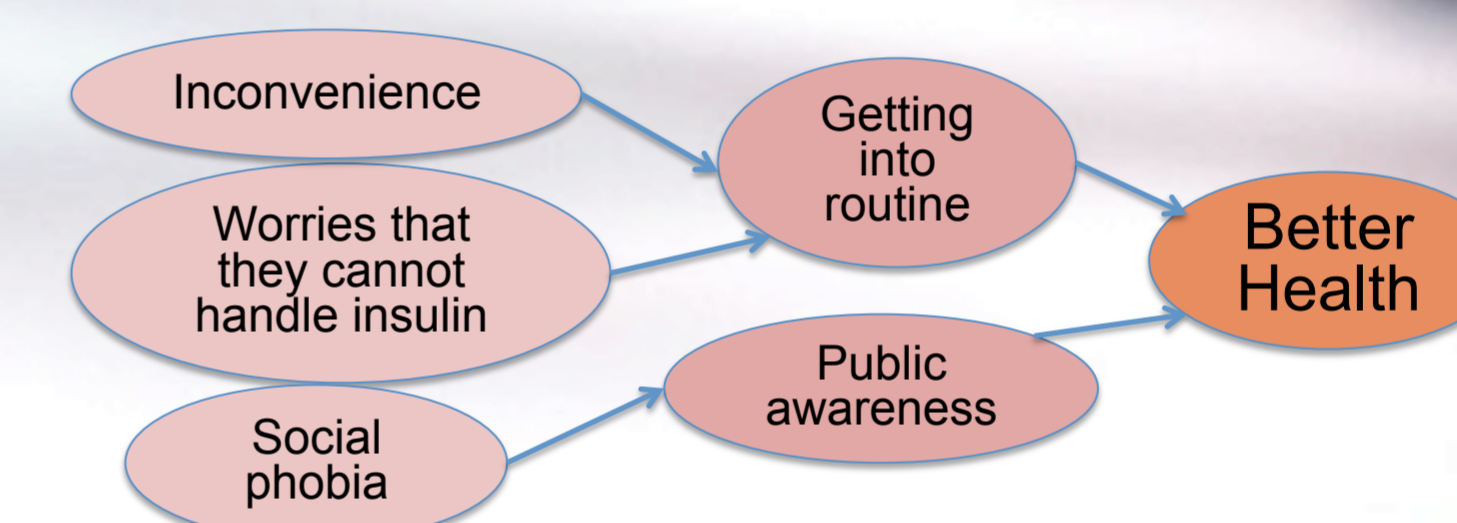
- National Health Morbidity Survey 2011 showed that **ONE in FIVE** Malaysian adults is suffering Type 2 diabetes mellitus<sup>1</sup>.
- After **6 years** on oral medication, **53%** of patients required additional insulin therapy<sup>2</sup>.
- Only **13.2%** type 2 diabetes patients using insulin in Malaysia<sup>1</sup>,
- **50.7%** patients are not willing to accept insulin therapy<sup>3</sup>.

### What Had Been Done

- This study targeted Type 2 diabetes patients who use insulin therapy with their oral medication to control their blood sugar.
- The aim is to explore their experiences of using insulin, and developing theory with regards to their perceptions of health, wellbeing and quality of life
- From the findings, we can identify barriers and facilitators to initiating insulin therapy.

### Findings

- This The three main categories of barriers to insulin treatment were:
  - Inconvenience
  - Worries that they cannot handle using insulin
  - Social phobia



### Conclusions

- The major fear comes from a lack of knowledge of modern insulin devices.
- These patients are motivated into accepting insulin as they seek a better quality of life.
- Early, simplified and tailored diabetes education will make them more aware of their health condition and the function of insulin and better prepare them mentally for insulin therapy.
- Social stigma is one key point that leads to poor insulin compliance.
- Increased public awareness will help these patients to be more comfortable about injecting, and also encourage other people to be more open minded towards insulin therapy.

### References

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2. G R Letchuman et al. Prevalence of Diabetes in the Malaysian National Health Morbidity Survey III 2006. Med J Malaysia 2010 September; 65(3): 173-9.
3. Nur Azmiah Z, Zulkarnain A, Tahir A. Psychological Insulin Resistance ( PIR ) Among Type 2 Diabetes Patients at Public Health Clinics in Federal Territory of Malaysia. The International Medical Journal Malaysia. 2011;10(2):7–12.