

Assessment of Therapeutic Inertia in the Treatment of Type 2 Diabetes within a Federally Qualified Health Center

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Abstract

Objective: to evaluate therapeutic inertia among patients with type 2 diabetes receiving primary care in a Federally Qualified Health Center (FQHC) and identify characteristics of treatment intensification.

Method: A retrospective chart review study conducted using electronic medical records within the Southern Illinois Healthcare Foundation (SIHF) healthcare from subjects with A1C 9% or higher between May 2018 and April 2019. Therapeutic inertia was defined as the absence of visits and therapy change within 3 months of an A1C test and during the overall index period from May 2018 to March 2020 after A1C levels increased to 9.0% or more.

Results: Among 110 patients who met the inclusion criteria, 73.6% of patients had an intensification in treatment within 3 months of A1C entry level $\geq 9\%$. The mean of diabetes visits in 1 year was 3.1 ± 1.7 and the mean of A1C testing frequencies in 1 year was 1.7 ± 0.9 . A change in therapy within 3 months was recorded in 67.3% of patients and 6.4% patients didn't have a change in therapy during the study period.

Conclusion: The therapeutic inertia was presented in 26.4% of patients within 3 months after A1C entry level $\geq 9\%$.