

# PATIENTS' PERCEPTIONS OF SUBCUTANEOUS INSULIN IN LATIN AMERICA: RESULTS FROM THE OPTIMIZE SURVEY

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## Aims

Patient attitudes and beliefs can strongly influence the effectiveness of interventions. The OPTIMIZE survey was conducted to understand the patients' perspective to achieving glycemic control and how patients' perceptions of subcutaneous (SC) insulin may affect decisions concerning insulin therapy.

## Methods

The survey was conducted by Harris Interactive in 2005 and included 1444 subjects with type 2 diabetes; at least 25% were currently using SC insulin. There was approximately equal representation from seven countries (Mexico, Brazil, US, France, Germany, Spain, UK).

## Results

This report presents data for the 406 interviewees from Mexico and Brazil, of whom 51 (25%) and 70 (34%), respectively, used SC insulin.

In both countries, most patients administered insulin with a syringe (93–94%). A high proportion (84%) was not aware of their most recent HbA<sub>1c</sub> test results or declined to answer. Of those respondents in Mexico who reported an HbA<sub>1c</sub> result, 83% had levels >7%. In Brazil, 33% reported an HbA<sub>1c</sub> result of ≥9%. The majority of respondents 'wished there was another way to take insulin' whether they were using insulin (88% Mexico, 90% Brazil) or not (81% Mexico, 85% Brazil). When patients not currently using insulin were questioned how they felt about requiring SC insulin in the future, 51% in Mexico and 52% in Brazil indicated they would avoid it if at all possible, and around a further 10% said they would be apprehensive.

## Conclusions

Proven effective treatments for diabetes, such as insulin, do not always enable patients to achieve appropriate glycemic control. In this

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survey, the majority of respondents reported that they wished there was another way to take SC insulin regardless of whether they were currently using SC insulin or not. Im-

proving patients' perceptions and acceptance of insulin could encourage earlier insulin use and assist in achieving and maintaining long-term appropriate glycemic control.