

What matters the most to people with Type 2 Diabetes Mellitus (T2DM) when it comes to self-management outcomes

Most people over 65 years live with one or more chronic health conditions. Management of these conditions accounts for a significant portion of healthcare costs today: somewhere between 70% and 80%. People living with chronic conditions mostly manage their condition themselves, at home and in the community, often helped by family or other informal carers. Providing the right support for self-management and living well with a condition is an essential part of good chronic disease care and increases life expectancy.

What is self-management?

Self-management is defined as what individuals, families and communities do to promote, maintain, or restore health and to cope with illness and disability with or without the support of healthcare professionals. It includes but is not limited to self-prevention, self-diagnosis, self-medication and self-management of illness and disability.

What are the outcomes people with T2DM consider most important?



Long-term complications

There are five major long-term effects: eye complications; kidney disease; neuropathy; Charcot joints or foot; and dysfunction of the autonomic nervous system. There is also an increased risk of heart disease, arteries and veins blockage, and brain blood supply disease.



HbA1C within set limits

Higher amounts of glycated haemoglobin indicate poorer control of blood glucose levels. HbA1C is a test measuring average blood sugar levels over 2-3 months. People with diabetes need to have this regularly monitored.



Decreased time spent in hyperglycaemia

Hyperglycaemia or an excess of glucose in the bloodstream. For individuals living with diabetes mellitus, decreased time spent in a state of hyperglycaemia is better, as this prevents damage to the eyes, nerves, kidneys, and blood vessels.



Lack of hypoglycaemia event

Hypoglycaemia event or low blood sugar level (for the specific measure it must be individualised). None or fewer hypoglycaemia events (for certain types of medication).



Weight (management)

1. Weight loss: Reduction in weight. 2. Stable weight: Being able to keep a balanced weight. 3. Waist size: A decrease in waist circumference.



Improved quality of life

Quality of life (with a special focus on being able to perform usual activities, burden of treatment, mobility, coping with pain or discomfort, happiness and self-esteem). Including but not limited to diabetes-specific quality of life measures.

COMPAR-EU is a project partly funded by the European Commission under its research framework programme "Horizon 2020". It started in January 2018 and will end in December 2022. The project aims to identify, compare, and rank the most effective and cost-effective SMIs for adults in Europe living with one of four chronic conditions: T2DM, Chronic Obstructive Pulmonary Disease (COPD), obesity and heart failure. The project has developed 4 Core Outcome Sets (COS) to guide self-management interventions in these diseases and developed an online decision-making tool for policymakers, researchers, people with a chronic condition, and the healthcare industry.

Self-management Interventions (SMIs) are supportive interventions that healthcare staff, peers, or laypersons systematically provide to increase people's skills and confidence in their ability to manage a long-term disease.



What new **knowledge** does this research bring?

A key strength of our COS is that it is strongly based on preferences of people with T2DM while also reflecting the perspectives of healthcare professionals and researchers. This means the COS is quite reliable and could be used in many different settings

What is a Core Outcome Set: a list of outcomes which people with a chronic condition and healthcare professionals have recommended that researchers should measure and report if they are undertaking a research study in a particular area.

The group voted 13 outcomes to be a part of the final T2DM COS. Within these 13 outcomes, 6 are considered particularly important by all participants, meaning very high support – 70% (or more) of the participants' approval.

<https://self-management.eu/>

More information needed?

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Full list of outcomes and explanation:



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