

## Glucose Lowering Medications for Type 2 Diabetes

### List of Resources and Useful Links

This document contains a list of useful web resources discovered during the development of *Glucose Lowering Medications for Type 2 Diabetes*. It is not intended to be a complete list of all web resources on the topic.

#### Disclaimer and Limitation of Liability

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Resource	Description
<b>Diabetes Clinics</b>	
Fraser Health Diabetes Management	<p><a href="#">iConnect Group Diabetes Education</a> Provides classes on diabetes prevention and management, requires a referral from a physician. Serves New Westminster and Surrey/White Rock/Delta.</p> <p><a href="#">Outpatient Diabetes Health Centre</a> Education and support to those with diabetes and their family members. Classes are offered in Punjabi in Surrey and Abbotsford. Patients need to be referred by healthcare professional. Referral form can be found <a href="#">here</a>. Serves Burnaby, Fraser Valley, Langley, Maple Ridge/Pitt Meadows, New Westminster, Surrey/White Rock/ Delta, Tri-Cities.</p> <p><a href="#">Chronic Disease Prevention</a> Provides education on chronic diseases including diabetes, respiratory or heart diseases, high blood pressure and high cholesterol. Patients must already have chronic disease or recently diagnosed with an acute condition.</p>
Providence Health Care Diabetes Health Centre	<p><a href="#">Diabetes Health Centre</a> A multidisciplinary team based at St. Paul's Hospital in downtown Vancouver providing education and support for patients with pre-diabetes and diabetes. Programs include Basic, Pre-diabetes, Gestational, Pump, Carb Counting and Self-Management Workshop. Patients must be referred by a physician or nurse practitioner using this <a href="#">form</a>.</p>
Vancouver Chinese Diabetes Education Centre	<p>A partnership between Vancouver Coastal Health and Chinese Canadian Medical Society B.C. that run classes at <a href="#">S.U.C.C.E.S.S.</a> teaching patients and their families about diabetes management. There are two classes and the fee is \$20 for both.</p>
Diabetes Clinic – Vancouver General Hospital – Gordon and Leslie Diamond Health Care Centre	<p>This <a href="#">diabetes clinic</a> offers help to diabetic patients by providing information on lifestyle issues, diet management, how and when to monitor blood glucose levels, etc. Referral from a doctor is required.</p>
Island Health Diabetes Education Centers	<p><a href="#">Diabetes Education Centres</a> There are eight centers across the Vancouver Island and will provide education, support and assistance to anyone who has pre-diabetes, type 1, type 2 or gestational diabetes. A referral by a family physician or a healthcare provider is needed.</p>

BC's Provincial Academic Detailing (PAD) service is offered free of charge to health care professionals. The service is provided by health authorities and supported by the Ministry of Health. Relevant topics are identified in consultation with various groups. All written materials are externally reviewed by clinicians and experts in critical appraisal.

Resource	Description
<b>Diabetes Clinics (Continued)</b>	
Interior Health Diabetes Education Program	<a href="#">Diabetes Education Program</a> A team approach providing education and support for diabetic patients and their family in group or individual sessions. Referral is not required. A list of centers can be found <a href="#">here</a> .
Northern Health	Diabetes Education Center The Dawson Creek and District Hospital offers and provides resources for individuals with diabetes, their families, and healthcare providers. Clients are generally referred by physician and may be seen in an individual or group setting. The clinic can be reached at 250-782-8501 ext. 2279.
<b>Guidelines and Recommendations</b>	
Canadian Agency on Drugs and Technologies in Health (CADTH)	<a href="#">Second-Line Pharmacotherapy for Type 2 Diabetes – Update</a> Compares the efficacy and safety of second-line antidiabetes drugs in adults with type 2 diabetes who are experiencing inadequate glycemic control on metformin monotherapy, updated in 2013.  <a href="#">Third-Line Pharmacotherapy for Type 2 Diabetes – Update</a> Compares the efficacy and safety of third-line antidiabetes drugs in adults with type 2 diabetes who are experiencing inadequate glycemic control on metformin monotherapy, updated in 2013.  <a href="#">SUMMARY REPORT: Optimal Prescribing and Use of Blood Glucose Test Strips for Self-Monitoring of Blood Glucose</a> Recommendations and intervention tools that supports optimal self-monitoring of blood glucose, released by the Canadian Optimal Medication Prescribing and Utilization Service (COMPUS) in 2009.  <a href="#">Blood Glucose Testing in Type 2 Diabetes</a> A visual that can be used as a patient teaching tool to convey the usefulness of blood glucose testing in those with type 2 diabetes.
American Diabetes Association (ADA)	<a href="#">American Diabetes Association 2015 Guidelines</a> Clinical practice guidelines published by ADA for the treatment and management of diabetes, including diagnosis, glycemic targets, pharmacological therapy, lifestyle changes, CV disease & risk management, microvascular complication management, etc.
Canadian Diabetes Association (CDA) Guidelines	<a href="#">2013 Clinical Practice Guidelines</a> Published by the CDA, includes the prevention and management of diabetes in the Canadian population. <a href="#">Chapter 13</a> elaborates on the pharmacologic management of Type 2 diabetes.
The Department of Veterans Affairs and the Department of Defense (VA/DoD) Clinical Practice Guidelines	<a href="#">Management of Diabetes Mellitus (DM) 2010</a> Comprehensive recommendations on improving patient outcomes and management of patients with diabetes mellitus. It includes useful tools for patient teaching and can be found <a href="#">here</a> .
National Health Service/National Institute for Clinical Excellence (UK)	<a href="#">Type 2 diabetes: The management of type 2 diabetes</a> Clinical practice guidelines, last updated in 2009, includes management with medication and lifestyle options.
<b>Drug Product Monograph</b>	
Health Canada	<a href="#">Drug Product Database</a> Subscription-free, searchable database for drug product information and Canadian product monographs.
US Food and Drug Administration	<a href="#">Drugs@FDA</a> Subscription-free, searchable database for drug product information and US product monographs.
BC PharmaCare Special Authority	<a href="#">Special Authority</a> Outlines the special authority criteria for medications that are covered within this program.
<b>Drug Reviews</b>	
Health Canada	<a href="#">Summary Basis of Decision (SBD) Documents: Drugs</a> SBD documents explain why Health Canada authorized certain drugs for Canada.
Canadian Agency on Drugs and Technologies in Health (CADTH)	<a href="#">Common Drug Review</a> Provides recommendations to the provincial and territorial drug plans on the value for money for new drugs and compares this with existing drugs.
Navarre Committee	<a href="#">Drug Assessment Reports</a> A review of the evidence, from a European perspective, of new medications, includes many of the latest drugs for type 2 diabetes. It provides a summary and determines if it is therapeutically innovative.

Resource	Description
<b>Clinical Tools</b>	
British Columbia Guidelines and Protocols (GPAC)	<p><a href="#">Screening Algorithm for Type 2 Diabetes in Adults</a> A one page summary on screening for Type 2 diabetes for adults 40 years or older.</p> <p><a href="#">Management of Hyperglycemia in Type 2 Diabetes</a> Provides a one page summary of when to start medications and a summary of the medications available for the treatment of type 2 diabetes.</p> <p><a href="#">Treatment of Hypoglycemia</a> One page summary providing recommendations on the treatment of hypoglycemia.</p>
Cochrane Reviews	<p><a href="#">Targeting intensive glycaemic control versus targeting conventional glycaemic control for type 2 diabetes mellitus</a> Cochrane's systematic review (2013) comparing targeted intensive glycaemic control compared with conventional glycaemic control in patients with type 2 diabetes.</p>
Canadian Agency on Drugs and Technologies in Health (CADTH)	<p><a href="#">Second- and Third-line Therapies for Type 2 Diabetes</a> A few tools are made available to clinicians to provide some assistance on choice of medication for second- and third-line options for the management of type 2 diabetes. An <a href="#">Optimal Therapy Newsletter</a> contains a summary of such medications and a <a href="#">Prescribing Aid</a> has the key messages and cost information.</p>
Mayo Clinic Shared Decision Making National Resource Center	<p><a href="#">Diabetes Medication Choice</a> Visual aids that can be used to provide information on medications that are commonly used for the treatment of type 2 diabetes. Also includes information on HbA1c reduction, hypoglycemia, weight changes and other useful lifestyle changes.</p>
National Institute for Health and Care Excellence (NICE)	<p><a href="#">Diabetes overview</a> Provides a treatment pathway for the prevention and management of type 2 diabetes.</p>
Australian National Prescribing Service (NPS) MedicineWise	<p><a href="#">Key points on type 2 diabetes</a> A list of key points for the interventions for patients with type 2 diabetes, includes blood pressure, lipids, glucose and lifestyle recommendations.</p>
the NNT	<p><a href="#">Tight Glycemic Control of Type 2 Diabetes (Over Five Years)</a> A summary of the Cochrane's review of intensive glycaemic control compared with conventional glycaemic control for type 2 diabetes mellitus. The webpage expresses its findings visually using the traffic light system (green, yellow and red).</p>
Therapeutics Initiative	<p><a href="#">Therapeutics Letter</a> Provides brief, simple and practical summaries of various therapeutic issues. In some issues, it addresses type 2 diabetes management, including glucose control and medications.</p>
<b>General Diabetes Resources for Clinicians</b>	
Canadian Agency on Drugs and Technologies in Health (CADTH)	<p>CADTH provides a <a href="#">web portal</a> for recommendations, <a href="#">evidence reports</a> and ongoing projects relating to diabetes.</p>
Canadian Diabetes Association	<p><a href="#">Professional Resources</a> Resources for healthcare providers including various areas of diabetes diagnosis and management including screening tools, patient education, diet and nutrition (including specific populations, eg. South Asian Populations).</p>
Public Health Agency of Canada	<p>The Public Health Agency of Canada provides a <a href="#">web portal</a> of information for clinicians and physicians on diabetes information, prevention and management.</p>
Rx Files Newsletter (2015)	<p><a href="#">Glycemic Management in T2DM</a> A newsletter with comparative information on the treatment of type 2 diabetes. It includes discussion on monotherapy, combination therapy and also the use of insulin. An extensive chart comparing the different agents is also included.</p>
Exercise is Medicine Canada	<p><a href="#">Exercise is Medicine Canada</a> This website tries to promote a healthy lifestyle for Canadians, including ways to incorporate exercise and physical activities into their daily routine.</p>
Tight control in type 2 diabetes – time to loosen up?	<p><a href="#">Clinical Conversation Podcast</a> A discussion with Dr. Victor Montori discussing for an individualized plan for patient's HbA1c goal and that a threshold for less than 7% may be too much for many patients.</p>
Therapeutics Education Collaboration (TEC)	<p><a href="#">Therapeutics Education Collaboration Podcast</a> TEC has a number of podcast episodes that discusses diabetes and its management including 9, 50, 55 to 62, 75, 79, 99, 109, 111, 137, 148, 165, 175, 188, 189, 190, 204, 205, 214, 216, 254, and 264 (updated August 2015).</p>

<b>Patient Resources and Education</b>	
Canadian Agency on Drugs and Technologies in Health (CADTH)	<p><a href="#">Blood Glucose Monitoring for Patients</a> A patient sheet that clinicians can use to discuss blood glucose monitoring and how to manage hypoglycemia with patients.</p> <p><a href="#">Self-Management Action Plan</a> A tool that clinicians can use with their patients that would outline specific goals for managing diabetes, including medications, nutrition, weight, foot care and other lifestyle components.</p>
Canadian Diabetes Association	A <a href="#">web portal</a> that contains information on various programs and support services across Canada. Some support programs may be virtual and in person, depending on region. There is also information promoting a health living lifestyle. Webinars, publications and newsletters are also available for education.
HealthLinkBC	Health consumer website supported by the BC Provincial Government that provides health information in patient appropriate language and links to related health topics. Examples of topics related to atrial fibrillation include <a href="#">type 2 diabetes</a> and <a href="#">Diabetes and hypoglycemia</a> .
British Columbia Ministry of Health	<a href="#">Blood Glucose Testing and PharmaCare Annual Quantity Limits</a> Information on the coverage for blood glucose testing strips, including limits and special authority criteria.
British Columbia Guidelines and Protocols (GPAC)	<p><a href="#">Resources for People with Diabetes</a> A two page patient handout developed by GPAC that has a list of useful resources for diabetic patients.</p> <p><a href="#">Patient Education and Resources: A Guide for Patients</a> A short summary for patients that provides education on what diabetes is and how to manage not only diabetes but other aspects of lifestyle as well.</p>
Self-Management British Columbia	<a href="#">Diabetes Self-Management British Columbia</a> Administered by the University of Victoria, the Ministry of Health and Patients as Partners Initiative has a website for various chronic disease states. This particular website has information on the Diabetes Self-Management Program, which is a 6-week workshop that is intended to help diabetes patients manage their disease and daily lives. Workshops are available province wide.
Evans Health Lab	<a href="#">ABC's of Diabetes</a> A video by Dr. Mike Evans that provides some information on what to consider for diabetes management using "ABC"