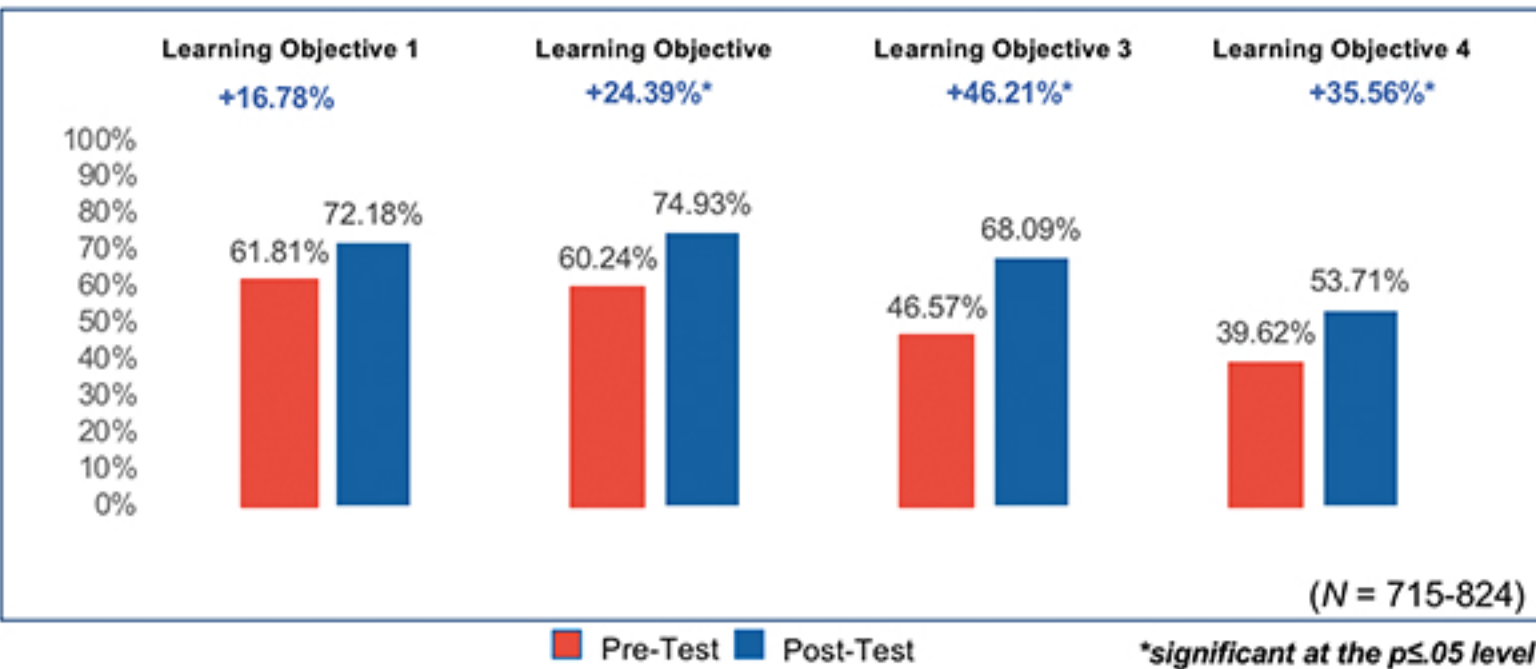# Clinical Updates for Nurse Practitioners and Physician Assistants
**7th** Annual Live Symposia Series - 2017

**91% of Attendees are Engaged in Direct Patient Care**

# Using Concentrated Insulins: A New Strategy for the Insulin Resistant Patient

## FINAL LIVE OUTCOMES REPORT

## Learning Objectives

- Describe the role of insulin therapy in patients with T2DM not meeting glycemic goals.
- Discuss the need for concentrated insulins in T2DM management.
- Discuss the pharmacokinetic and pharmacodynamic profiles and other considerations for the use of concentrated insulin preparations.
- Recognize the need for counseling patients about concentrated insulins to minimize dosing errors.



Learning Objective 1 +16.78%, Learning Objective +24.39%*, Learning Objective 3 +46.21%*, Learning Objective 4 +35.56%*

61.81% / 72.18%, 60.24% / 74.93%, 46.57% / 68.09%, 39.62% / 53.71%

(N = 715-824)

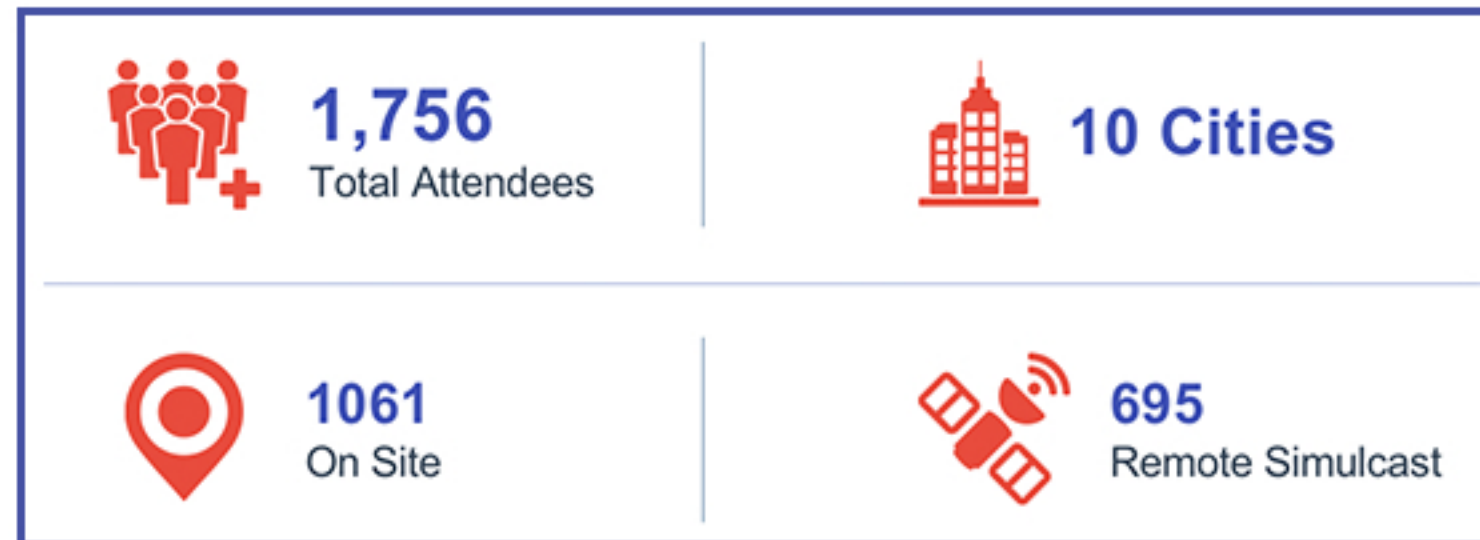Pre-Test / Post-Test   *significant at the p≤.05 level
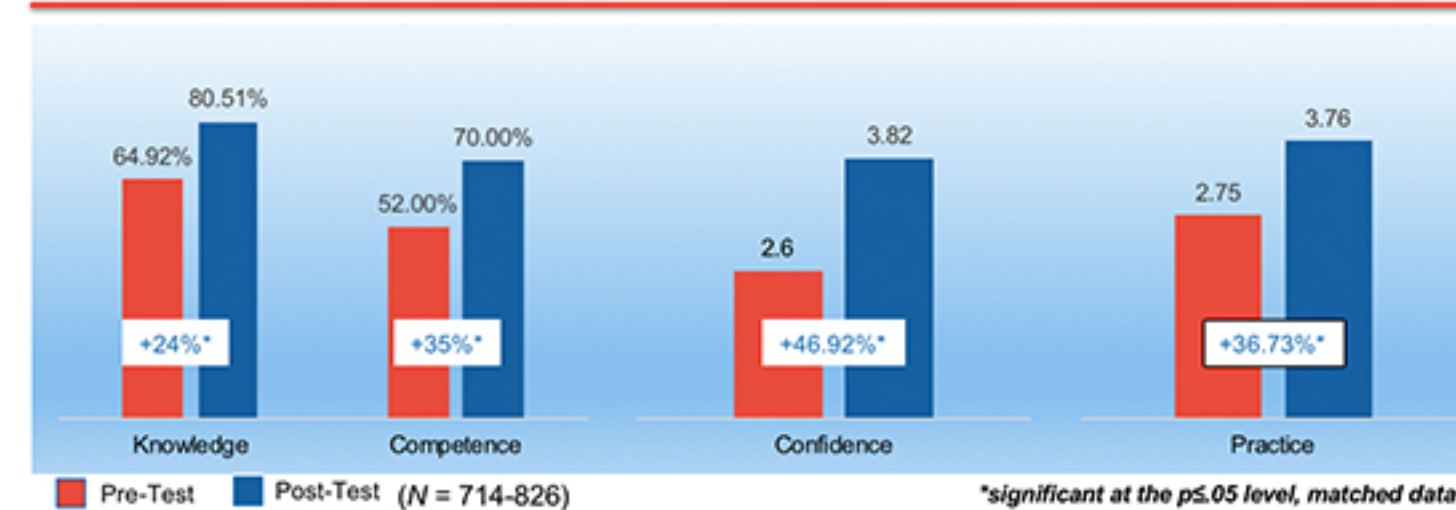
## Learning Objectives Analysis

- Substantial gains (ranging from 17%-46%) were achieved on all Learning Objectives
- The gains on Learning Objectives 2, 3, and 4 were significant.
- Learning Objectives 3 and 4 showed the lowest Post-Test scores.
- Learners demonstrated difficulty with the pharmacokinetic profiles for preparing concentrated insulin.
- Learners had difficulty with recognizing patients that require counseling to minimize dosing errors.

## Impact

- At 4 weeks, learners reported change in practice behaviors surrounding increased knowledge about newer concentrated insulin therapy and how to incorporate them into diabetes care.
- Future education should focus on the identified persistent learning gap: Differentiation among specific long-acting basal insulins (i.e. glargine and degludec).
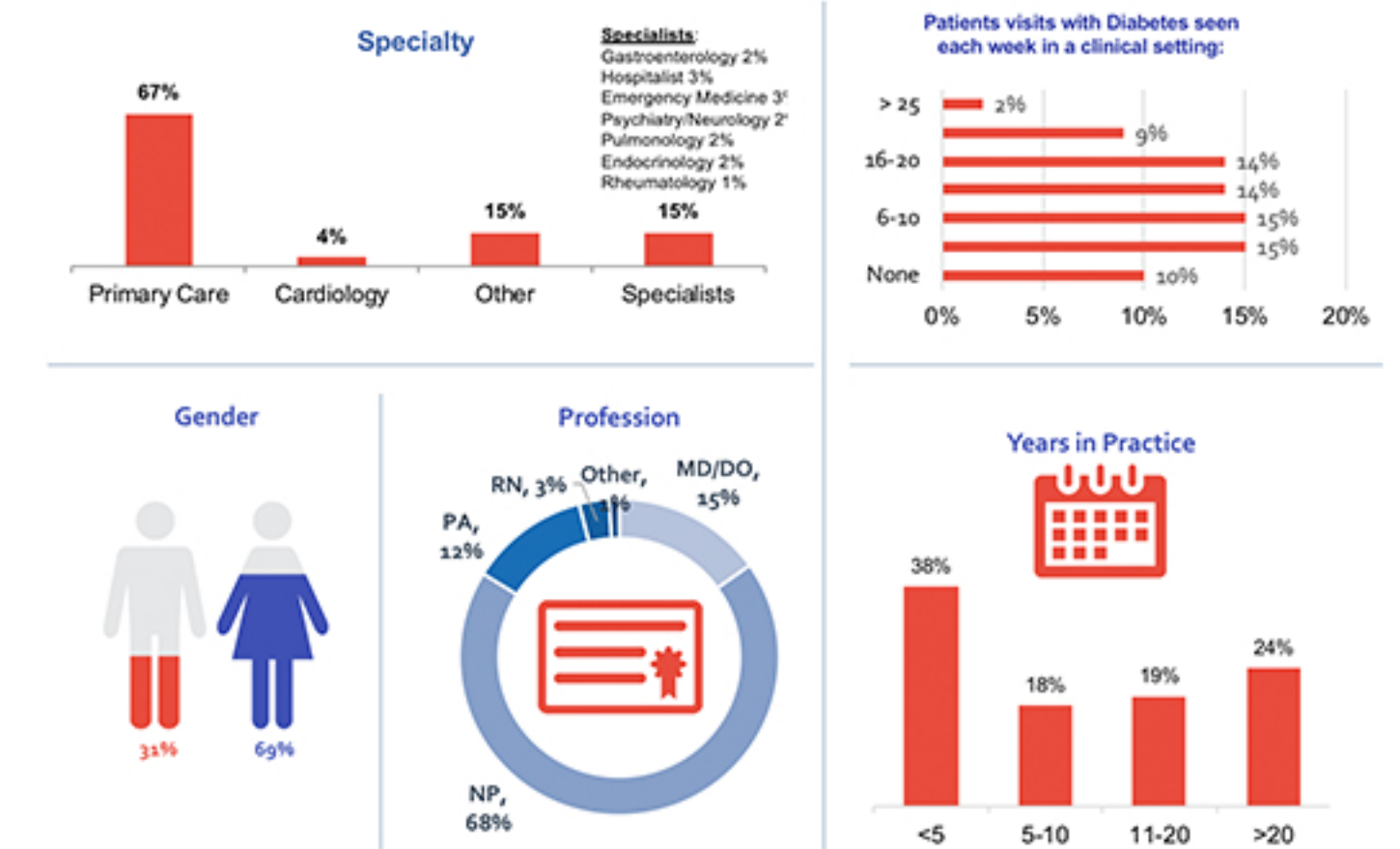
**1,756** Total Attendees       **10 Cities**

**1061** On Site       **695** Remote Simulcast

## Learning Domain Analysis



Knowledge 64.92% / 80.51% +24%*, Competence 52.00% / 70.00% +35%*, Confidence 2.6 / 3.82 +46.92%*, Practice 2.75 / 3.76 +36.73%*

Pre-Test / Post-Test   (N = 714-826)   *significant at the p≤.05 level, matched data

- Significant gains (24-47%) were achieved in all learner domains from Pre-Test to Post-Test.
- Despite the substantial 35% gain, learners remained challenged by the Competence case questions, as demonstrated by the Post-Test score of 70%.
- Learners substantially (46%) increased their reported Confidence in their ability to utilize concentrated insulin on insulin resistant patients.
- There was substantial (37%) increase in their reported intent to use concentrated insulin in their patients.



Specialty: Primary Care 67%, Cardiology 4%, Other 15%, Specialists 15%

Specialists: Gastroenterology 2%, Hospitalist 3%, Emergency Medicine 3%, Psychiatry/Neurology 2%, Pulmonology 2%, Endocrinology 2%, Rheumatology 1%

Patients visits with Diabetes seen each week in a clinical setting: >25 2%, 16-20 9%, 6-10 14% 14%, None 15% 15% 10%

Gender: 31% / 69%

Profession: RN 3%, Other, MD/DO 15%, PA 12%, NP 68%

Years in Practice: <5 38%, 5-10 18%, 11-20 19%, >20 24%

## 4 Week Retention Analysis



Knowledge +5.27%, Competence -6.93%, Confidence +25.00%*, Practice +21.38%*

Pre-Test / Post-Test   *significant at the p ≤ .05 level

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