ABSTRACT
Appropriate BI titration in T2D is crucial for glycemic target achievement, but many people with T2D initiating basal insulin (BI) titration are not fully managing their BI dose to achieve glycemic control. However, many people with T2D on BI remain uncontrolled and their perspectives and experiences regarding BI titration are not well understood.

The aim of this survey was to evaluate perspectives and experiences of BI titration in people with T2D initiating BI.

METHODS
Recent BI initiators were identified using enrollment, medical, and pharmacy records from Optum's proprietary research claims database. Inclusion criteria: ≥2 medical claims with a diagnosis for T2D 30 days apart in the 12-month sample identification period (ending March 2021 for wave 1 and April 2021 wave 2). V1 pharmacy claim for BI (insulin glargine 100 UI/mL, insulin glargine 300 UI/mL, insulin degludec or insulin detemir) in the most recent 30 days. Age 18-90, and eligibility to participate. Exclusion criteria: A pharmacy claim for insulin during baseline period. ≥2 medical claims with a diagnosis for type 1 diabetes during the baseline period.

Survey and analysis
Identified BI initiators were invited by mail to complete the survey. Survey included questions on experience with BI titration: titration resources; healthcare professional (HCP) interactions; self-management of titration; clinical information; titration status and goal attainment. Of the 2,200 BI initiators invited to participate, 416 completed the survey and were included in the analysis. Descriptive statistics are presented for all analyses.

RESULTS
Most respondents took an active role in managing their BI dose. However, only one-third reached their FBG target.

Satisfaction and Activation
Most respondents were extremely satisfied with the support they received from HCPs. Half (204, 49%) experienced hypoglycemia during BI titration. Only 35% of responders (74) had started BI at least 5 or more years prior.

Patient perspectives and experiences of basal insulin (BI) titration in type 2 diabetes (T2D): A US cross-sectional survey
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DISCUSSION
While many people with T2D initiating BI had received education and support, only one-third reached the FBG target, suggesting novel tools and strategies to improve patients and enable effective BI titration are needed.

CONCLUSION
This study addresses the lack of understanding about the patient experience with BI titration. While most people with T2D who responded to the survey were provided with training/resources at the time of BI titration initiation and the majority were satisfied with the support they received from HCPs. However, half of responders experienced hypoglycemia during titration and only one-third reached their FBG target, suggesting that effective BI titration proves difficult for many people with T2D.

CONCLUSION
While many people with T2D initiating BI had received education and support, only one-third reached the FBG target, suggesting novel tools and strategies to improve patients and enable effective BI titration are needed.