

Type 1 diabetes guideline update: clinical questions

1. In adults and young people with diabetes, what is the best marker (c-peptides plus or minus antibodies) to distinguish between type 1 diabetes, type 2 diabetes and other forms of diabetes?
2. In adults with type 1 diabetes, what is the most effective structured education programme?
3. In adults with type 1 diabetes, what is the clinical and cost-effectiveness of carbohydrate counting / restriction for optimal diabetic control?
4. In adults with type 1 diabetes, what is the clinical and cost-effectiveness of a diet based on the glycaemic index for optimal diabetic control?
5. In adults with type 1 diabetes, what is the optimum target HbA1c level that should be achieved to reduce the risk of complications?
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7. In adults with type 1 diabetes, what is optimum timing and frequency to self-monitor blood glucose for effective diabetic control?
8. In adults with type 1 diabetes, what is the optimum glucose target/profile for self-monitoring of blood glucose for effective diabetic control?
9. In adults with type 1 diabetes, what are the benefits of technologies (bolus calculators and downloads) for self-monitoring of blood glucose?
10. In adults with type 1 diabetes, is retrospective continuous glucose monitoring more effective than care without continuous glucose monitoring (with SMBG) for improving diabetic control?
11. In adults with type 1 diabetes, is real-time continuous glucose monitoring more effective than SMBG continuous glucose monitoring for optimum diabetic control?
12. In adults with type 1 diabetes, is continuous real-time monitoring more effective than intermittent real-time monitoring for optimum diabetic control?
13. In adults with type 1 diabetes, what are the most effective long-acting insulins (detemir vs. degludec vs. glargine vs. NPH) for optimal diabetic control?

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14. In adults with type 1 diabetes, is once daily basal insulin more effective than twice daily basal insulin for optimal diabetic control?
15. In adults with type 1 diabetes, what are the most effective mixed insulins (degludec-aspart vs. glargine vs. NPH) for optimal diabetic control?
16. In adults with type 1 diabetes, which are the most effective rapid-acting insulins for meal times: analogues vs. human (intermediate NPH), for optimal diabetic control?
17. In adults with type 1 diabetes, are metformin (with or without insulin), or GLP1-agonists (with or without insulin) as effective as insulin alone for optimal diabetic control?
18. In adults with type 1 diabetes, what is the optimum needle length for insulin delivery?
19. In adults with type 1 diabetes, what is the optimum injection site and rotation for insulin delivery?
20. Which adults with type 1 diabetes are most suitable to be considered for a pancreas transplant, or pancreatic islet transplantation?
21. In adults with type 1 diabetes, how is impaired awareness of hypoglycaemia best identified and quantified?
22. In adults with type 1 diabetes and impaired awareness of hypoglycaemia, what is the most effective strategy for recovering hypoglycaemia awareness?
23. In adults with type 1 diabetes (including atypical ketosis-prone diabetes), does patient self-monitoring of blood (and urine) ketones reduce the incidence of DKA and hospital admissions?
24. In adults with type 1 diabetes does in-patient monitoring of blood ketones by the healthcare professional reduce the length of hospital stay, exposure to IV insulin and the development of in-hospital complications:
 - o in patients with suspected DKA?
 - o in patients admitted with DKA and/or those that get it in hospital.
25. In adults with type 1 diabetes, is aspirin an effective anti-platelet agent for the primary prevention of cardiovascular events?
26. In adults with type 1 diabetes who have been admitted to hospital (elective and emergency), what is the most effective intravenous insulin dose-adjustment devices and regimens for optimal diabetic control?
27. In adults with type 1 diabetes, what is the most effective treatment for gastroparesis?

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28. In adults with type 1 diabetes, what is the most effective treatment for acute painful neuropathy of rapid glycaemic control?
29. What pharmacological treatment should be used to manage erectile dysfunction in men with type 1 diabetes?
30. How should adults with type 1 diabetes be monitored for thyroid disease, and how frequently?