

Injection Impact Survey – Executive Summary

Prepared for the American Association of Diabetes Educators

Presented by

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Background & Objectives

- **Patton Medical Devices commissioned Harris Interactive on behalf of the American Association of Diabetes Educators to conduct surveys among the following:**
 - **500 U.S. adults 18 years old and older who have Type 1 or Type 2 diabetes and are currently injecting insulin using a syringe or pen**
 - **100 primary care physicians who treat one or more patients with diabetes who use a syringe or pen for insulin delivery**
 - **100 endocrinologists who treat one or more patients with diabetes who use a syringe or pen for insulin delivery**
 - **100 certified diabetes educators who treat one or more patients with diabetes who use a syringe or pen for insulin delivery**
- **Key objectives of this study were to:**
 - **Explore the impact of daily insulin injections**
 - **Investigate levels of communication between healthcare providers and people with diabetes regarding the impact of daily insulin injections**
- **Results from this study are intended for public release.**

Sample & Methodology

- **Data are weighted to be representative of the populations of:**
 - **U.S. primary care physicians**
 - **U.S. endocrinologists**
 - **U.S. adults 18 years old or older who have Type 1 Or Type 2 diabetes**
- **All Diabetes educators are healthcare professionals who have been certified as diabetes educators.**
- **All interviewing was conducted online from June 12 to July 7, 2008.**
- **The physician samples were recruited using the American Medical Association (AMA) physician list as the same frame.**
- **The surveys averaged 10 minutes in length.**

Report Structure

- In reviewing this report, please note that:
 - Percentages may not add up to 100% due to rounding, the acceptance of multiple responses, or the exclusion of any “not sure” or “decline to answer” responses.
 - An asterisk (*) signifies a value of less than one-half percent. A dash (-) represents a value of zero.
 - “People with diabetes” refers to U.S. adults 18 years old and older who have Type 1 or Type 2 diabetes and are currently injecting insulin using a syringe or pen.
 - “Healthcare providers” refers to primary care physicians, endocrinologists, and diabetes educators that treat one or more patients with diabetes who use a syringe or pen for insulin delivery.

Executive Summary –Impact of Insulin Injections

Although most people with diabetes adapt to their insulin injections, many find injecting themselves the hardest part of managing their diabetes, and some say it interferes with different aspects of their daily lives including eating and exercising. **A majority of healthcare providers report that their patients experience anxiety, bruising, pain, and sensitivity as a result of their injections at least sometimes, and some even say that their patients fear their insulin injections.**

- A third (33%) of people who treat their diabetes with insulin injections dread the injections.
 - Almost a third (29%) say that injecting themselves with insulin is the hardest part of managing their diabetes.
 - Almost a quarter (22%) have to mentally prepare themselves before each injection.
- Almost a quarter (22%) of people with diabetes plan their day around their insulin injections.
- 25% of people with diabetes say the way they inject insulin interferes with eating when they want at least a moderate amount.
 - 14% say it interferes with exercising when they want at least a moderate amount.
- About three-quarters (76%) of healthcare professionals feel their patients have adapted to their insulin treatment.
 - Most (61%) also say that their patients see their insulin treatments as an inconvenience.
 - Around a third (36%) report their patients are concerned about their insulin injections.
 - About 2 in 10 (19%) even say that their patients fear their insulin injections.
- A number of side effects from insulin injections are reported by most healthcare providers and many people with diabetes...

	<u>Healthcare Providers</u> <u>Often/Sometimes</u> <u>(net)</u>	<u>People with Diabetes</u> <u>Often/Sometimes</u> <u>(net)</u>
Anxiety	71	17
Bruising	67	48
Pain	62	37
Sensitivity	55	27
Scarring/Scar tissue	40	15

Executive Summary –Impact of Insulin Injections (cont.)

According to healthcare providers, some people with diabetes avoid giving themselves injections they know they should take because of the emotional and physical discomfort from the injections. A majority of healthcare providers say their patients skip injections they should take at least sometimes, and some people with diabetes say they skip injections sometimes or often. **About half of people with diabetes say that they would be more likely to administer their injections regularly if there was a product available that would ease the pain and discomfort of their injections.**

- About 8 in 10 healthcare providers (79%) believe patients skip injections they know they should take at least sometimes.
- 2 in 10 (20%) people with diabetes skip injections they know they should take sometimes or often.
- **47% of people with diabetes would be more likely to administer their injections regularly if a product was available that would ease the pain and discomfort of injections.**
- Emotional and physical concerns are cited by many physicians as factors that impede adherence...

	<u>Healthcare Providers</u> <u>A lot/A moderate amount</u> <u>(net)</u>
Anxiety from daily injections	47
Pain from daily injections	36
Sensitivity from daily injections	33
Bruising from daily injections	28

Executive Summary – Satisfaction With Insulin Delivery System

Many people with diabetes are not satisfied with how they currently take their insulin injections. **Healthcare providers typically said that only half of their patients are satisfied with their current delivery system, and they typically believe about a third would like to switch to another system.** Many people with diabetes are only somewhat or not at all satisfied with the amount of skin irritations and level of pain from their current systems.

- Almost a third (29%) of people with diabetes are only somewhat or not at all satisfied with they way they take their insulin injections.
- Healthcare providers typically said that half (50%) of their patients who take multiple, daily injections are satisfied with their current delivery system.
- Healthcare providers typically said that they believe about a third (35%) of their patients who take multiple, daily injections would like to switch to another insulin delivery system.
 - Primary care physicians typically reported that half (50%) would like to switch to another insulin delivery system.
- About 1 in 10 (9%) people with diabetes say they are very likely or likely to switch to another means for injecting insulin in the next year.
- Many healthcare professional and people with diabetes are only somewhat or not at all satisfied with some aspects of the way their patients or themselves currently take insulin injections...

	<u>People with Diabetes</u> <u>Somewhat/Not at all Satisfied</u> <u>(net)</u>	<u>Healthcare Providers</u> <u>Somewhat/Not at all Satisfied</u> <u>(net)</u>
Amount of skin irritations or bruises from use	47	69
Level of pain from injections	40	66
Time needed to inject insulin	27	59
Ease of use	26	58

Executive Summary –Number of Daily Insulin Injections

The number of daily insulin injections is a cause of concern to most people with diabetes. The majority would like to reduce the number of injections they have to give themselves each day, and about half are worried about having to take more injections than they do now. Some people with diabetes will even alter their eating habits or change their physical activities to avoid having to take extra injections.

- About 8 in 10 (83%) people with diabetes would like to reduce the number of injections they have to give themselves each day.
- About half (46%) of people with diabetes worry about having to take more injections than they do now sometimes or often.
 - Only 24% never worry about having to take more injections than they do now.
- About three-quarters (76%) of healthcare providers say the majority of their patients who take multiple, daily injections are concerned about needing to increase the number of their daily injections.
 - Almost 9 in 10 (87%) primary care physicians report this about their patients.
- About 2 in 10 (16%) people with diabetes are very concerned or concerned about administering multiple insulin injections every day.
- The majority of healthcare providers (71%) disagree that multiple, daily injections have little impact on most patients' quality of life.
- Actions taken to avoid having to take extra insulin injections include...

	<u>Healthcare Providers</u>	<u>People with Diabetes</u>
Altering their eating habits	73	43
Changing physical or outdoor activities	55	19
Altering social engagements	39	15

Executive Summary – Communication Between People with Diabetes and Healthcare Providers

Although almost all healthcare providers report discussing daily injections at least sometimes, including difficulties and fears patients have about injecting insulin, the majority of people with diabetes say that their healthcare provider rarely or never asks them about the impact of needle sticks. In fact, about three-quarters of those who experience problems with their insulin injections say they never or rarely discuss these issues with their healthcare providers, and over half say their healthcare provider has not given them a solution to the issues of pain and bruising.

- Almost all (98%) of healthcare providers say they speak with their patients who require insulin about their daily insulin injections often or sometimes.
- Most healthcare providers report discussing their patients' difficulties with injecting insulin (83%) and fears concerning injecting insulin (84%).
- Only about 1 in 10 (12%) of healthcare providers report that their patients tell them they have trouble with their injections always or often.
 - Only 4% say their patients never tell them they have trouble with their injections.
- 83% of diabetes educators report discussing with their patients ways to improve the level of communication with the physician who treats their diabetes.
- About 8 in 10 (79%) people with diabetes report their healthcare provider rarely or never asks them about the impact of needle sticks.
 - Around half (51%) say their healthcare provider never asks them about the impact of needle sticks.
- Around three-quarters (77%) of people with diabetes who experience pain, sensitivity, bruising, scarring, or anxiety from their insulin injections say that they never or rarely discuss these issues with their healthcare providers.
 - About half (53%) say they never discuss their issues with insulin injections with their healthcare provider.
- **Over half (56%) of people who experience problems with their insulin injections say their healthcare provider has not given them a solution to the issues of pain and bruising.**

Executive Summary – Communication Between People with Diabetes and Healthcare Providers (cont.)

Part of the communication gap between healthcare providers and people with diabetes may result from patients not actively discussing their difficulties with insulin injections with their healthcare providers. Only about half say they proactively speak to their healthcare provider about quality of life issues they have with their injections, and over a third do not want to bother their healthcare provider with questions about their injections.

- Only about half (48%) of people with diabetes say they proactively speak to their healthcare provider about quality of life issues they have with their insulin injections.
- Over a third (37%) of people with diabetes do not want to bother their healthcare provider with questions about their insulin injections.
- A third (33%) of people with diabetes who experience problems with their insulin injections are only somewhat or not at all satisfied with the help they get from their healthcare provider concerning their experiences related to needle punctures.