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Cochrane 臨床疑難解答網



COCHRANE CLINICAL ANSWERS

- 為重點照護檢驗臨床支援工具，協助忙碌的專業醫療人員。
- 自 Cochrane 評論系統過濾出高品質的驗證結果。此系統分析完善，詳實提供實際方法解決一般臨床疑問。
- 以模擬出專業醫療人員收集資訊的方式為設計理念。
- 持續增加新的疑問，以確實各種醫療主題皆涵蓋在內。



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- 輔助及另類療法
- 耳、鼻、喉科
- 內分泌與代謝
- 心臟與循環系統
- 傳染疾病
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- 肺臟與氣管
- 心理健康
- 神經內科
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- 懷孕與生育
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最新的臨床疑難解答一發表，就會在此刊登。本網站會持續更新近期的疑難與解答。



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問題與解答

主題依問答方式呈現。

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Question:
What are the effects of self-monitoring of blood glucose (SMBG) in people with type 2 diabetes (T2DM) who are not taking insulin?

Clinical Answer:
Despite widespread clinical utilization of self-monitoring of blood glucose (SMBG) in type 2 diabetics who are not taking insulin, it is uncertain whether this practice makes a difference in patient-oriented outcomes when assessing the effects in subgroups of the diabetic population, assessed on the basis of duration of both their diabetes and their use of the intervention.

In people who are newly diagnosed with type 2 diabetes mellitus, there is a modest decrease in HbA1c when using SMBG for at least 6-12 months (mean difference -0.53, 95% CI -1.06 to -0.01). At 6 months of follow-up, the effects showed statistically significant heterogeneity, and so, no conclusions can be made. However, in people who have been diagnosed with type 2 diabetes mellitus for at least one year, the overall glycemic effects of SMBG appear small (mean difference -0.26, 95% CI -0.39 to -0.13) at six months and subside after one year of follow-up. These conclusions are based on moderate quality evidence.

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Self-monitoring of blood glucose in patients with type 2 diabetes mellitus who are not using insulin

Related Clinical Answers
Q. In people with Graves' hyperthyroidism, what are the benefits and harms of different antithyroid drug regimens?
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結果資料

Click below for full outcome data.

1. Self-monitoring of blood glucose versus usual care without monitoring or self-monitoring of urine glucose in people with diabetes duration greater than one year
2. Self-monitoring of blood glucose versus usual care without monitoring or self-monitoring of urine glucose in people with newly diagnosed diabetes

Additional Information: (Show All)

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結果資料

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1. Self-monitoring of blood glucose versus usual care without monitoring or self-monitoring of urine glucose in people with diabetes duration greater than one year

OUTCOME 1.1: HbA1c, 6 months

OUTCOME 1.2: HbA1c, 12 months

OUTCOME 1.3: Health-related quality of life, well-being

OUTCOME 1.4: Patient satisfaction

OUTCOME 1.5: Diabetes complications

OUTCOME 1.6: Hypoglycemic episodes

OUTCOME 1.7: Adverse effects

Population, Intervention, Comparator

Population:

People diagnosed with type 2 diabetes at least 1 year before beginning SMBG who are not using insulin therapy

Intervention:

Instruction on self-monitoring of blood glucose levels, given individually to each participant in most trials by family practitioner or nurse educator

Comparator:

Usual care without monitoring (11 trials) or self-monitoring of urine glucose (1 trial) for 6 months to 1 year

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結果資料

Click below for full outcome data.

1. Self-monitoring of blood glucose versus usual care without monitoring or self-monitoring of urine glucose in people with diabetes duration greater than one year ▲

OUTCOME 1.1: HbA1c, 6 months

Quality of the evidence:

The reviewers performed a modified GRADE assessment of the evidence and suggested it was 'moderate' quality for this outcome. See Summary of findings from Cochrane review

Narrative result:

Nine RCTs with 2324 participants found that self-monitoring of blood glucose reduced HbA1c compared with usual care without monitoring or self-monitoring of urine glucose.

Relative effect or mean difference: Forest plot from Cochrane Review

There was a statistically significant difference between groups, in favor of self-monitoring of blood glucose (mean difference -0.26, 95% CI -0.39 to -0.13).

Reference:

Malanda UL, Welschen LMC, Riphagen II, Dekker JM, Nijpels G, Bot SDM. Self-monitoring of blood glucose in patients with type 2 diabetes mellitus who are not using insulin. *Cochrane Database of Systematic Reviews* 2012, Issue 1. Art. No.: CD005060. DOI: 10.1002/14651858.CD005060.pub3. [Review search date: July 2011]

每一結果於展開後，可看到 **Cochrane** 原評論網內評估的驗證品質、敘述結果、森林圖與參考資訊等更詳細內容。



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Publication Dates
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