

HbA1c targets in Adults with Type 2 Diabetes adapted from NICE Guidelines NG28 . updated 2017

Involve patients in decisions about their individual HbA1c target.

Patients type	Ideal target	Acceptable target	Comments
Lifestyle/ Diet controlled	48 mmol/mol (6.5%)		
Single non-hypoglycaemic drug (eg metformin or glitazone)	48 mmol/mol (6.5%)	<58mmol/mol (7.5%)	If HbA1C greater than the ideal target value then:- 1.Reinforce diet/ lifestyle/ adherence advice 2. support patient to reach ideal target HbA1C value 3. intensify drug treatment
Drug associated with hypoglycaemia	53 mmol/mol (7.0%)	<58mmol/mol (7.5%)	
At risk patients:- Elderly/ frail/ reduced life expectancy/ If hypoglycaemia poses risk/ risk of falls/impaired hypoglycamia awareness/ people who drive/ operate machinery/ Significant comorbidities			Consider relaxing HbA1C targets on a case by case basis
HbA1C lower than target – if no hypoglycaemia – then maintain			Can happen with worsening renal function/ rapid weight loss

