**Insulin Titration Service – A review of patient engagement.**

**Background & Aim**

The Insulin Titration service is offered to patients who require support with insulin dose adjustment on discharge from hospital or following review in the Diabetes Outpatient clinics.

Our aim is to review patient engagement in this service and identify any barriers to its acceptance.

**Methods**

A total of 50 inpatient (46%) and outpatient (54%) referrals to the Insulin Titration service between January to March 2025 was completed.

Patient electronic progress notes were reviewed to determine when patient engagement was first initiated by the Endocrine and Diabetes service and what the outcome of referral was: e.g., patient successfully recruited, enrolment declined, reason why enrolment was declined or patient did not respond to DE contact.

**Results**

47% of patients referred to the Insulin Titration service were not enrolled.

Reasons included:

1. Preference to keep diabetes management with their local team.
2. Had not consented to a referral or were unaware that a referral was being made.
3. Not willing to perform regular BG testing required to allow safe insulin dose adjustment.
4. Inpatients overwhelmed by information when feeling unwell.

**Discussion/Conclusion**

The Insulin Titration program offers a valuable service to patients with unstable blood glucose levels who require short-term frequent support.

A lack of communication, lack of consent and not recognizing local supports already in place were the most common factors contributing to unsuccessful enrolment into this service.

An education program to educate and update the staff who are referring into the program is urgently needed to address these issues.