

BACKGROUND

Patients are the REASON for health care! Patient input must be heard as part of the research process at the Academy of Managed Care Pharmacy (AMCP) Research Institute.

A lot of healthcare research does not include input from patients on what they think is most important to learn from the research. At the AMCP Research Institute, we want to be sure our healthcare research is meaningful to patients and caregivers. Starting with how we communicate our results.

OBJECTIVE

The goal of this project was to write summaries of our published studies to communicate our research to patients in a useful way. We also wanted to teach researchers we work with to write summaries with patient readers in mind.

PROJECT HIGHLIGHTS

For each section below, the highlighted sentences on the left were revised to become the sentences on the right highlighted in the same color.

KEY POINTS

1. One goal of the AMCP Research Institute is to work with patients to design research projects that are important to patients and caregivers.
2. Our scientists have been learning from patients how to write clear summaries of research projects for patients.
3. Writing patient-focused research summaries is one way the AMCP Research Institute is sharing its research results with patients and caregivers.

PATIENT/COMMUNITY IMPACT

- It is important for patients to know they can help researchers understand what scientific questions are most meaningful for them.
- It is also important for scientists to talk to patients about research results so everyone can understand it.
- Our goal is to include patients in more of our projects
- We started by writing summaries describing our research and results for patients and caregivers.
- Patients and caregivers should have access to new research results that may provide information on their healthcare.

CONCLUSIONS

- At the AMCP Research Institute, we are working to have more patients tell us what issues are most important to them.
- We also want to help patients understand our research
- We are doing this is by writing summaries of our results for patient audiences and inviting patients to join new studies.
- The Patient Insights Institute led workshops with our scientists to help them learn to communicate research results more clearly directed to patients.
- In the workshops, scientists worked in groups with a patient-focused facilitator to write summaries of some of our research.
- Research can be technical, and scientists often find it hard to explain without using technical jargon. It is very important to explain research findings in a way everyone understands.
- The scientists appreciated learning how to describe their research for people who are not scientists.
- These workshops generated several summaries of our projects that we can now include on our website and share with patients and their caregivers.

CONTACT INFORMATION



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How did they do?

PUBLISHED ABSTRACT

BACKGROUND: *The first follow-on drug (Basaglar) of the originator insulin glargine (Lantus), a long-acting insulin for treatment of type 1 and type 2 diabetes mellitus (T1DM, T2DM), was approved in 2015 in the United States. Information on the uptake, user characteristics, and outcomes of follow-on insulin remains sparse.*

OBJECTIVE: *To describe the utilization, user characteristics, and health outcomes of the follow-on insulin glargine and insulin glargine originators in a large, distributed network of primarily commercially insured patients in the United States.*

METHODS: *We used health care claims data in the US Food and Drug Administration's Sentinel common data model format across 5 research partners in the Biologics & Biosimilars Collective Intelligence Consortium distributed research network. Sentinel analytic tools were used to identify adult users of insulin glargine between January 1, 2011, and February 28, 2021, and describe patient demographics, baseline clinical characteristics, and adverse health events among users of the originators and the follow-on drug, stratified by diabetes type.*

RESULTS: *We identified 508,438 users of originator drugs and 63,199 users of the follow-on drug. The proportions of the follow-on drug users among total insulin glargine users were 9.1% (n = 7,070) for T1DM and 11.4% (n = 56,129) for T2DM. Follow-on use rose from 8.2% in 2017 to 24.8% in 2020, accompanied by a steady decrease in the use of originator drugs. Demographics of the users of the originators and follow-on drug were similar among the T1DM and T2DM groups. Overall, follow-on users had poorer baseline health profile and higher proportions of episodes with adverse events in the follow-up.*

CONCLUSIONS: *We found evidence of increased uptake of the follow-on drug relative to the originator products in the post-2016 period. The differences in the baseline clinical characteristics between users of the originator products and the follow-on drug and their relationship with health outcomes merit further research.*

REVISED SUMMARY

BACKGROUND: Insulin glargine is a drug used to treat some people with diabetes. Basaglar is the name of a "follow-on biologic" of insulin glargine, which is like a generic version of the brand name drug. The brand name drug is called Lantus. Basaglar was approved by the U.S. FDA in 2015. So far not many researchers have studied the real-world use of Basaglar.

OBJECTIVE: To describe the real-world use and characteristics of patients using Basaglar. We also wanted to describe some health outcomes such as the number of people who experienced a low blood sugar episode while using Basaglar compared to people using Lantus.

METHODS: We used data from insurance claims for people with diabetes who used either Basaglar or Lantus. There was no personal information in the data so we couldn't identify individual patients. We found patients who were treated with Basaglar or Lantus between January 1, 2011 and February 28, 2021. We summarized the characteristics of patients, including average age, percent who were female and percent who were male, and whether they had Type 1 or Type 2 diabetes. We also summarized the number of people who had other conditions like high blood pressure, and the number of people who experienced low blood sugar.

RESULTS: In the database, we found 508,438 people who used Lantus, and 63,199 people who used Basaglar. For people with Type 1 Diabetes, 9.1% used Basaglar and 90.9% used Lantus. For people with Type 2 Diabetes, 11.4% used Basaglar and 88.6% used Lantus. Overall, the percentage of people using Basaglar increased from 8.2% in 2017 to 24.8% in 2020. During that time, the number of people using Lantus decreased. Characteristics of people who used Basaglar were similar to people who used Lantus. Except the people who started using Basaglar were less healthy overall than people who started using Lantus. These less-healthy patients who used Basaglar had more episodes of low blood sugar than people who were using Lantus.

CONCLUSIONS: The number of people using Basaglar increased over time. Since the patients using Basaglar were less healthy overall, we recommend more research to see if that may be why they had more episodes of low blood sugar.