

CAF/18/12 - Exploring potential for type 2 diabetes remission: a mixed methods study using population –based diabetes register data and interviews with primary health care professionals

People want to know whether type 2 diabetes can be reversed. Experts disagree about whether this is possible. The word “remission” (When blood sugar fall to normal non-diabetes levels without medications) is often used, however we do not know whether remission means reversal of type 2 diabetes. We do not know how many people achieve remission of type 2 diabetes and whether this improves their long term health. We know little about GPs’ and practice nurses’ views about remission, whether they discuss remission with patients, how they support remission and whether they think remission is only realistic for some patients.

This PhD will summarise previous research and provide new information on type 2 diabetes remission. The Scottish diabetes register will be used to discover how many people in Scotland with type 2 diabetes have achieved remission, how long they stay in remission and whether they differ from other people with type 2 diabetes. I will explore how remission affects health issues like blood pressure and complications of type 2 diabetes such as heart and eye disease. I will interview GPs and nurses to seek their views about remission and what kinds of support they need to support patients wanting to achieve remission.