ISRCTN Basic Results Summary

1. Participant Flow

A total of 40 GP practices took part in the study, with 21 practices in the control group and 19 practices in the intervention group. Across these practices, 3,310 adult participants were identified through routine clinical records and included in the study. Of these, 1,778 were in control practices and 1,532 were in intervention practices. Follow-up data were available for 2,880 participants at 6 months and 2,888 participants at 12 months. All 3,310 participants were included in the baseline analysis. For the adjusted outcome models, complete-case numbers varied depending on data availability for clinical variables, but were approximately 2,880 at 6 months and 2,888 at 12 months.

2. Baseline Characteristics

	Control group (21 practices)	Intervention group (19 practices)
Total	**1,778 (53.7%)**	**1,532 (46.3%)**
Demographics		
Age, Mean (SD)	75.359 (6.806)	74.898 (6.821)
Gender, N (%)		
Female	775 (43.6%)	696 (45.4%)
Male	1,003 (56.4%)	836 (54.6%)
Ethnic group, N (%)		
White British/Irish/European	1,478 (83.1%)	1,012 (66.1%)
South Asian	133 (7.5%)	392 (25.6%)
Black African/Caribbean	29 (1.6%)	25 (1.6%)
Other Asian/Chinese	18 (1.0%)	20 (1.3%)
Other ethnic group	20 (1.1%)	10 (0.7%)
Not recorded	100 (5.6%)	73 (4.8%)
BMI, Mean (SD)	29.863 (6.001)	29.259 (5.965)
Frailtv*, N (%)		
Mild frailty	280 (34.3%)	216 (34.4%)
Moderate frailty	391 (47.9%)	308 (49.1%)
Severe frailty	146 (17.9%)	103 (16.4%)
Rockwood frailty scale score*	3.988 (1.570)	4.483 (1.635)
Clinical measurements		
HbA1c*, Mean (SD)	46.154 (7.651)	46.963 (4.302)
Systolic BP*, Mean (SD)	132.023 (14.267)	132.272 (14.920)
Diastolic BP*, Mean (SD)	73.366 (9.266)	73.085 (9.622)
eGFR category*, N (%)		
>=90	252 (15.1%)	225 (15.7%)
60 to 89	933 (56.0%)	824 (57.5%)
45 to 59 (stage 3a range)	290 (17.4%)	241 (16.8%)
30 to 44 (stage 3b range)	156 (9.4%)	117 (8.2%)

15 to 29 (stage 4 range) <15 (stage 5 range)	28 (1.7%) 7 (0.4%)	21 (1.5%) 5 (0.3%)
ACR*, Mean (SD)	6.854 (23.966)	10.251 (46.848)
Total cholesterol*, Mean (SD)	3.914 (0.919)	3.868 (1.179)
Comorbidities, N (%)		
Hypertension	1,410 (79.3%)	1,267 (82.7%)
CKD	682 (38.4%)	811 (52.9%)
IHD	575 (32.3%)	659 (43.0%)
CABG/Stent	407 (22.9%)	531 (34.7%)
Heart failure	407 (22.9%)	529 (34.5%)
CVA/TIA	408 (22.9%)	539 (35.2%)
COPD	402 (22.6%)	540 (35.2%)
Cancer	272 (15.3%)	462 (30.2%)
Palliative Care	255 (14.3%)	439 (28.7%)
Depression	606 (34.1%)	668 (43.6%)
Dementia	307 (17.3%)	475 (31.0%)
Urinary Incontinence	426 (24.0%)	563 (36.7%)
Arthritis	1,154 (64.9%)	1,108 (72.3%)
Medications. Mean (SD)		
Acarbose	0.000 (0.000)	0.001 (0.026)
DPP4	0.131 (0.338)	0.147 (0.354)
GLP1	0.037 (0.189)	0.026 (0.160)
Insulin	0.044 (0.205)	0.032 (0.176)
Meglitinide	0.000 (0.000)	0.001 (0.026)
Metformin	0.705 (0.456)	0.752 (0.432)
Pioglitazone	0.021 (0.143)	0.007 (0.081)
SGLT2	0.115 (0.319)	0.114 (0.317)
Sulfonylureas	0.107 (0.309)	0.078 (0.268)
Statins	0.719 (0.450)	0.761 (0.428)
Other lipid lowering medications	0.033 (0.190)	0.027 (0.161)
ACEi	0.395 (0.489)	0.381 (0.486)
ARB	0.186 (0.389)	0.204 (0.403)
Other antihypertensive medication	0.776 (0.850)	0.768 (0.831)
Total	3.268 (1.739)	3.296 (1.690)
Total	1.160 (0.769)	1.156 (0.741)

3. Outcome Measures

Primary Outcome: Medication De-intensification

6 months: OR > 1 (favours intervention)

12 months: OR ≈ 1 (no longer different)

Secondary outcomes:
Analysis ongoing.

4. Adverse Events

There were no adverse events associated with this study. No safety concerns were identified in clinical measures.