

# Intensive versus conventional insulin therapy for inpatient medical patients [Insulinoterapia intensificada versus terapia habitual en pacientes hospitalizados por patología médica]

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|--|---|--|
| <b>Submission date</b><br>28/07/2009   | <b>Recruitment status</b><br>No longer recruiting | <input type="checkbox"/> Prospectively registered    |
|  |   | <input type="checkbox"/> Protocol                    |
| <b>Registration date</b><br>23/09/2009 | <b>Overall study status</b><br>Completed          | <input type="checkbox"/> Statistical analysis plan   |
|  |   | <input type="checkbox"/> Results                     |
| <b>Last Edited</b><br>23/09/2009       | <b>Condition category</b><br>Signs and Symptoms   | <input type="checkbox"/> Individual participant data |
|  |   | <input type="checkbox"/> Record updated in last year |

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

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### Contact details

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## Additional identifiers

### Protocol serial number

SA08I20012

## Study information

Scientific Title

Intensive versus conventional insulin therapy for inpatient medical patients: a single centre randomised open trial

**Acronym**

SUGAR-MINT

**Study objectives**

This trial will assess whether an adjustable insulin scheme which simulates the physiological secretion of this hormone is superior to standard treatment in medical inpatients with hyperglycaemia.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Ethics Committee of the Pontificia Universidad Católica de Chile (comité de ética de la Pontificia U. Católica de Chile) approved in December 2008

**Study design**

Single centre randomised open trial

**Primary study design**

Interventional

**Study type(s)**

Treatment

**Health condition(s) or problem(s) studied**

Hyperglycaemia

**Interventions**

The project is based in the Universidad Católica de Chile Hospital, which is the main private facility of the Pontificia Universidad Católica de Chile, in Santiago, Chile. The clinical team in charge of insulin therapy is composed by internists, hospitalists and nurses.

1. Group 1: Intensive insulin therapy with basal NPH and nutritional regular insulin. Consisting of:
  - 1.1. Two doses of basal NPH insulin, standardised according to weight and insulin resistance
  - 1.2. Regular insulin (short-acting) prior to meals ("nutritional") both in fixed dose and through a sliding scale
2. Group 2: Intensive insulin therapy with basal glargine and nutritional regular insulin. Consisting of:
  - 2.1. One dose of basal glargine insulin, standardized according to weight and insulin resistance
  - 2.2. Regular insulin (short-acting) prior to meals ("nutritional") both in fixed dose and through a sliding scale
3. Group 3: Standard Care. Consisting of regular insulin four times a day (qid) or NPH twice daily (bid), according to a sliding scale.

With the exception of insulin therapy, all other clinical decisions will be taken by the medical team in charge of the patient, which are independent from the research team. These include the administration of oral anti-diabetic drugs and the time of termination of insulin therapy.

**Intervention Type**

Drug

**Phase**

Phase IV

**Drug/device/biological/vaccine name(s)**

Insulin

**Primary outcome(s)**

Number of measurements of blood glucose levels between 70 and 130 mg/dl. All measurements will be recorded at day 7 and at the moment of discharge.

**Key secondary outcome(s)**

1. Mean blood glucose level
2. Length of hospitalisation
3. Healthcare-associated infections
4. Number of measurements of blood glucose levels below 70 mg/dl
5. Time to achieve good glycaemic control (two or more measurements between 70 and 130 mg%)

All measurements will be recorded at day 7 and at the moment of discharge.

**Completion date**

01/06/2010

**Eligibility****Key inclusion criteria**

Adult inpatients (aged greater than 18 years, men and women) with an acute medical or surgical condition, and any of the following criteria:

1. In subjects known to have diabetes: Capillary blood glucose level over 180 mg/dl, in consecutive measurements separated by 2 hours, or just one measurement if insulin was administered after the first
2. In subjects without previous diagnosis of diabetes: Capillary blood glucose level over 200 mg/dl in consecutive measurements separated by 2 hours, or just one measurement if insulin was administered after the first

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Sex**

All

**Key exclusion criteria**

1. Pregnancy
2. Acute complications of diabetes
3. Terminal illness (expected survival of less than a month)
4. Elective hospitalisation
5. Hospitalisation stay predicted to last less than 72 hours
6. Haemodialysis initiated during hospitalisation
7. Peritoneal dialysis
8. Corticosteroids (prednisone) dose over 30 mg/day
9. Parenteral nutrition
10. Inability to receive carbohydrates by mouth for more than 8 hours
11. Patients with an unresolved surgical condition

**Date of first enrolment**

01/03/2009

**Date of final enrolment**

01/06/2010

## **Locations**

**Countries of recruitment**

Chile

**Study participating centre**

**Marcoleta 367**

Santiago

Chile

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## **Sponsor information**

**Organisation**

National Fund of Investigation and Development in Health (Fondo nacional de investigación y desarrollo en salud [FONIS]) (Chile)

# Funder(s)

## Funder type

Government

## Funder Name

National Commission of Scientific Research and Technology, Ministry of Health (Chile) - Fifth National Contest of Projects of Investigation and Development in Health (FONIS 2008) (ref: SA08I20012)

# Results and Publications

## Individual participant data (IPD) sharing plan

## IPD sharing plan summary

Not provided at time of registration

## Study outputs

| Output type                                   | Details                       | Date created | Date added | Peer reviewed? | Patient-facing? |
|---|-------------------------------|--------------|------------|----------------|-----------------|
| <a href="#">Participant information sheet</a> | Participant information sheet | 11/11/2025   | 11/11/2025 | No             | Yes             |