

Recurrent hypoglycaemia, key question: does the patient have symptoms of hypoglycaemia and if yes, at what blood glucose value?



Step 1: Review of insulin regimen, precipitating factors, e.g. diet, exercise and alcohol. Review by an experienced diabetes nurse and dietician.



Step 2: Structured diabetes education in self-management and insulin analogues.



Step 3: Training and use of CSII and CGM in some individuals



Step 4: Address and overcome psychological barriers in those with impaired hypoglycaemia awareness.



Step 5: Islet cell transplantation and potentially closed-loop technology in the future for appropriate patients.