**TABLE 2**: Stepwise pharmacotherapy approach to type 2 diabetes mellitus as per the Department of Health: Primary Health Care Guidelines (2014).

|  |  |
| --- | --- |
| **Step** | **Approach** |
| Step 1 at diagnosis | Lifestyle  modification |
| Metformin |
| Step 2 if HbA1c˃7% after three months or above individualised target | Metformin |
| Sulphonylurea |
| Step 3 if HbA1c ˃7% after three months or remains above individualised target | Metformin plus sulphonylurea |
| Basal insulin |

*Source*: Department of Health, 2014, *Standard treatment guidelines and essential medicines*

*list for South Africa: Primary health care level* (5th edn.), National Department of Health,

Pretoria

**TABLE 4:** Baseline glycaemic monitoring indicators of the study participants (*n* = 575) with glycated haemoglobin (HbA1c) results (*n* = 493) and fasting plasma glucose (FPG) levels (*n* = 574) stratified according to targets and allocated as per risk categories as set out for health facilities.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Categories** | **Stable** | | **At risk** | |
| ***n*** | **%** | ***n*** | **%** |
| **HbA1c (%) (*n* = 493)** |  |  |  |  |
| Low risk category (29–35 years) < 6.5% | 2 | 0.41 | 11 | 2.23 |
| Majority category (35–55 years) < 7% | 42 | 8.52 | 177 | 35.90 |
| High risk category (> 55 years) < 7.5% | 94 | 19.07 | 167 | 33.87 |
| **Fasting plasma glucose (mmol/L) (*n* = 574)** | | | | |
| All categories | 130 | 22.64 | 444 | 77.35 |