

BARRIERS TO WEIGHT LOSS IN TYPE 2 DIABETES PATIENTS RECEIVING GLP-1 THERAPY

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Background

Glucagon-like peptide-1 (GLP-1) receptor agonists are widely used in the management of type 2 diabetes and obesity, demonstrating significant benefits in weight reduction and glycaemic control. However, in clinical practice, a proportion of patients experience minimal or no weight loss despite appropriate prescribing.

Aim

To explore factors contributing to suboptimal weight loss in patients with type 2 diabetes receiving GLP-1 receptor agonist therapy in a primary care setting.

Method

A reflective clinical review was undertaken based on advanced nursing practice in diabetes management. Patients prescribed GLP-1 receptor agonists over a 12-month period were considered to identify patterns associated with reduced weight response. Clinical, behavioural, and metabolic factors were reviewed.

Result

Multiple contributing factors were identified, including persistent insulin resistance, metabolic adaptation, and the use of concomitant medications associated with weight gain. Variability in individual response, challenges with adherence, and mismatches between patient expectations and pharmacological effects were also observed. Psychosocial influences and difficulties integrating lifestyle changes further contributed to outcomes.

Conclusion

Suboptimal weight loss in patients receiving GLP-1 therapy is multifactorial and extends beyond pharmacological efficacy. A holistic, individualised approach is required, incorporating metabolic assessment, medication review, and patient education. These findings highlight the need for tailored strategies to optimise outcomes in diabetes and weight management.