

Where to find the information you need for diabetes management

	Where to find out more
The way we manage type 2 diabetes is constantly evolving and there have been many changes over recent years. Detailed diagnostic information and the move to HbA1c and ketone testing was developed in 2024 and is available on refhelp.	Diabetes Diagnosis – RefHelp
Patient centred care As the diabetes population continues to grow and diversify, we need to ensure that those who need intervention the most are able to access this. Management options are therefore on a spectrum depending on the context: • quick reference guide and toolkit available on the Right decisions pages with a strong emphasis on the need for lifestyle intervention at every stage • exploring the possibility of remission • management and review using the updated treatment algorithm • early referral to secondary care for young type 2 <40 years which is known to be more aggressive, • considering realistic targets for those with increasing frailty.	Type 2 diabetes mellitus: Quality prescribing strategy - a guide for improvement Right Decisions Quick reference guide Right Decisions Type 2 Diabetes Remission through Counterweight Plus – Adult Weight Management and Type 2 Diabetes Prevention Service Diabetes-Prescribing Guidance – RefHelp HbA1c targets (frailty)
Information for patients We are working on a diabetes landing page for those recently diagnosed with diabetes. But while you are waiting... The MCN website hosts page which we plan to refine with patient information leaflets and also self referral information: My Diabetes My Way portal and the MDMW elearning is available in various languages has self education modules including patients with gestational diabetes and those with pre-diabetes wanting immediate access to information. Weight management options including structured	Information for Patients and Carers – Diabetes Managed Clinical Network My Diabetes Registration My Languages Information Site eLearning Information Site Adult Weight Management and Type 2 Diabetes Prevention Service – NHS Lothian Our Services

education both in person and online. Diabetes UK has a wealth of information and downloadable factsheets – also available in various languages.	Resources to improve your clinical practice Diabetes UK
Using Data to help diabetes We have pulled together some helpful infographics and access to sci-diabetes to try and make things as easy as possible for clinicians to manage diabetes with the aim of empowering patients in shared decision making, with realistic targets, and an emphasis on simple quality care.	Using Data to Improve Diabetes Care – Diabetes Professional Education