

Welcome to the Issue 2 of the Diabetes MCN Newsletter. We hope you enjoy this edition and find the articles informative. Thanks to Jacqui Charlton for contributing two articles to this newsletter. We welcome any contributions or suggestion for future editions of the newsletter.

Please contact david.jolliffe@nhslothian.scot.nhs.uk or marie.mccallum@nhslothian.scot.nhs.uk

Professional Education and the MCN

Theresa Ferrie has unfortunately had to resign from the Education post with the MCN. We are therefore looking for a replacement. This is an exciting opportunity for someone who is interested in education for healthcare professionals both in secondary and primary care. We are in the process of establishing a support group for professional education; this will partly be to support the new incumbent. The post will be advertised soon, if you are interested and would like to know more about the opportunities and what may be involved please contact <mailto:David Jolliffe> or <mailto:Alyson Cumming>

Insuman® (recombinant human insulin)

Production of Insuman®, insulin, by Sanofi is being discontinued. This is due to limited capacity at the manufacturing site and there are no safety issues. It is safe to continue to use this insulin and to issue further prescriptions. There are a number of presentations of this insulin, and the dates of discontinuation are likely to be between May and June 2020. As there are a number of presentations involved, this will not be a straight switch and a number of different products are likely to be used to replace Insuman®.

It is thought that this will affect less than one hundred patients. Colleagues in secondary care will be contacting patients in due course. At present it is unlikely any patients will be aware of this impending change. If you do receive any queries it is suggested that you advise patients they will be contacted by secondary care in due course

Community Sharps Disposal

Following the recent successful Business Case submitted by David Small, Director of Primary Care Transformation, there is now a plan to implement a Community Sharps disposal scheme launching early January 2020. There will be a full communications programme in January to alert and inform all key stakeholders. The new scheme will include dispensing of 0.6 litre sharps disposal containers to relevant service users as they attend the community pharmacies with their prescriptions.

Nominated Consultants/Diabetic Specialist Nurses for each Cluster

Contact and cooperation between primary and secondary care has always been good in respect to care of people with Diabetes. In order to further improve matters, a number of consultants and nurses have agreed to take specific responsibility for individual Clusters. We have tried to ensure that the individual consultants are linked with an area from which patients are seen in their clinics. The aim of this initiative is to improve contact on educational and other related matters. It is not intended that the consultant and nurse will deal with individual patient care unless they are already involved with the care of that person. Individual consultants and nurses will be in touch in the near future. For a list of clusters and consultants /nurses [click on this link](#)

Education Updates

SAVE THE DATE

Lothian Diabetes MCN Conference 2020

There was very positive feedback from the 2019 conference. There are exciting developments with diabetes both with our understanding of the disease process and new treatments; we have decided to change this from a bi-annual to an annual conference, please save this date in your diary

6th May 2020

Marriot Hotel

Glasgow Road

We did receive some very helpful suggestions regarding future programmes but if you have a topic you would like included please contact

[mailto: David Jolliffe](mailto:David.Jolliffe)

Diabetes UK Primary Care Course

Registration is now open for

Diabetes UK Primary Care Course: The Essentials of Diabetes Care: 20 March 2020:

8:30 - 16:30 at Glasgow SECC

The Primary Care Course is aimed at healthcare professionals wanting to learn the essentials of diabetes care.

This one-day course will increase our knowledge, provide core resources and help us implement effective lifestyle advice crucial to the delivery of diabetes care for our patients.

For further information follow the link to the [webpage](#) to register.

GPL1 Training for Nurses

There has been an excellent response to the training session planned for January 22nd, unfortunately due to the nature of the training we have had to restrict numbers. We are therefore planning another training session in the near future and will initially offer places to those who wanted to but were unable to attend on this occasion.

As was mentioned in the last newsletter one of the differences between Semaglutide and Dulaglutide is that Semaglutide requires dose titration when starting this medication. A new protocol is being developed for those people when a GLP 1 is commenced in secondary care. We will ensure that the protocol is clear and unambiguous as to the role and responsibility of primary care. It is hoped that details will be finalised in the next few weeks.

Type 2 Diabetes Patient Booklet

Production and distribution of the new revised booklet has been delayed. This is due to something beyond our control. We anticipate that supplies shall be available in the next few weeks

Supplies of the booklet will be available from

<https://services.nhsllothian.scot/healthpromotionservice/Pages/default.aspx>

Practice Nurse/District Nurse diabetes course – NES

Collaboration between Edinburgh Napier University, NHS Lothian, and NHS Education Scotland (NES), has led to the developed of a **Management and Care in Diabetes Mellitus across the Lifespan** course. This is accredited at Level 9, 20 credits. There have been two courses with 49 matriculated students. It is planned to run the course three times a year with 30 students enrolled on each. It is fully on-line and has had excellent reviews so far. Initially it was aimed at Practice Nurses throughout Scotland, and is now extending to District Nurses and Practice Nurses.

The course examines the theory of Diabetes Mellitus and relates it to patient care and health education. The 15 week module works through the patient journey from diagnosis to on-going management; to inform nurses how best to educate and support patients, family and carers with the understanding of complex care needs. It incorporates pathophysiology, pharmacological, plus lifestyle and behaviour changes to enhance quality of life. There is also a focus on risk factors to prevent, or delay the onset of acute and long-term complications for patients.

<https://www.nes.scot.nhs.uk/education-and-training/by-discipline/nursing-and-midwifery/careers-and-recruitment/transforming-nmahp-roles/general-practice-nursing.aspx>

Students with diabetes

At Edinburgh Napier University we are developing support, guidance and information for students with diabetes. Students with diabetes often struggle with juggling their health, studies and adjusting into Uni life experiencing self-care and psychological and lifestyle challenges. At ENU we have 45 students who have declared they have diabetes, and no doubt more that haven't.

An information section has been added onto the MyNapier health page, which provides information links about self-care for students, and guidance on how to access personal diabetes support: <https://my.napier.ac.uk/Wellbeing-and-Support/Health/Pages/Health.aspx>

We also have our first student support group meeting planned in January. This will be led by two ENU students, Jacqui and Alicja Szewczyk. Also in the pipeline is a student and diabetes Facebook page. For more information please contact: [Jacqui Charlton](#)