

Welcome to the latest edition of the Diabetes MCN Newsletter. We hope you enjoy this edition and find the articles informative and helpful. We recognise the importance of CPD at this time; we are pleased to announce a number of forthcoming events.

Introduction to Katharine Ramage - Diabetes MCN Professional Education Lead

I am delighted to have been appointed as Diabetes Professional Education Lead. My background is in community nursing, where I worked in various areas in Edinburgh and East Lothian District nursing teams. I have been a Diabetes Specialist Nurse at The Western General Hospital for the past 2 years, and I have taken on this new role in addition to my DSN post. I have particular clinical interests in genetic forms of diabetes and Inpatient diabetes. I am passionate about ensuring that everyone with diabetes receives high quality, individualised care in all settings and an important factor in achieving this is by ensuring access to relevant training and education for all staff. I am excited about working with the MCN and being involved in driving improvements to the quality of care for people with diabetes in Lothian.

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Webinars for Health Care Professionals

For the last three years we have been fortunate to be able to run the TOPICAL course which has proven to be very popular. This year we have organised a series of webinars in the next few months, these will cover a variety of topics. They are non promotional but are being run with LILLY, as before we hope to have some local input

Modular rolling programme (all Wednesdays 12.30 – 13.30pm):

- 23rd September 'Overview of Type 2 diabetes'
- 21st October 'Managing diabetes through COVID-19; sick day rules'
- 11th November 'Monitoring diabetes control & HbA1c'
- 2nd December 'Oral Therapies for patients with Type 2 diabetes'
- 13th January 'Practical use of Oral Therapies in Type 2 diabetes'
- 10th February 'Diabetes in Older People & Frailty'

GLP-1 RA workshops (all Wednesdays)

The workshops will enable those in primary care to initiate GLP1 therapy in the community have proven to be popular. It has avoided the need for hospital referral that is even more important at this time.

Workshop group 1 (to attend both)

- 14th October 13.30 – 16.00pm
- 25th November 13.00 -14.00pm

Workshop group 2 (to attend both)

- 18th November 13.30 – 16.00pm
- 9th December 13.00 – 14.00pm

Please feel free to register for as many of these sessions as you want to.

To register contact marie.mccallum@nhslothian.scot.nhs.uk



This year the 13th Scottish PCDS conference has been modified to accommodate a virtual format and will take place from **09:00 - 15:25** on **20 October 2020** among the topics to be covered are: lessons learned from COVID-19, diabetes & physical activity, complications of diabetes and severe mental health and diabetes. There will also be an opportunity to ask the experts your questions through the **LIVE Q&A** at the end of each session. [Register here](#) and to view the full programme and speakers please [click here](#)

Invitation to a virtual meeting on:

Improving cardiovascular outcomes in type 2 diabetes with SGLT2 inhibitors:
What is the role of the cardiologist?

Date: Thursday 3rd September 2020 Time: 7.00pm to 8.30pm

Speaker(s):

Professor Partha Kar

Consultant Endocrinology / Diabetes: National Specialty Advisor, Diabetes, NHS
England GIRFT lead, Diabetes, NHS Improvement

Professor Stephen Wheatcroft

Consultant Cardiologist
Leeds Teaching Hospitals NHS Trust

Click on the link below to register and find out more information

https://boehringer.zoom.us/webinar/register/WN_T5WPlyh-RUqqliPyp14W8w

Self Examination of Feet

Covid 19 has meant that we have reflected on what is really important in a diabetic review. Most people with Diabetes are at "low risk" and probably only require examination of their feet every two years. Those at higher risk are likely to be under the care of a hospital clinic. With restriction of Face to Face contact it is a good idea to encourage people with Diabetes to examine their feet on a regular basis. **The following links are recommended:**

Foot care advice: <https://www.mydiabetesmyway.scot.nhs.uk/Content.aspx?id=30>

Low, Medium and High Risk: <https://www.mydiabetesmyway.scot.nhs.uk/Content.aspx?id=31>

Touch the Toes – Home Testing: <https://www.diabetes.org.uk/guide-to-diabetes/complications/feet/touch-the-toes>

Looking After Your Feet When You Have Diabetes: <https://player.vimeo.com/video/412310489>

How Diabetes Can Affect Your Feet: <https://player.vimeo.com/video/412313912>

Insulin Pens Feedback

Use of the new prescription forms for insulin and devices has been very positive. There have been no reports of prescribing errors for several months.

Clinics at hospital used to have a plentiful supply of pens to provide patients with a spare pen. This is no longer the case. It is recommended that patients injecting insulin should have a spare pen.

GLP1 agonist of choice: Trulicity

Unlike Semaglutide which requires titration of dosage which is more difficult at present, Dulaglutide (Trulicity) is one dose. Patients referred to hospital to start a GLP1 agonist are therefore being given Dulaglutide to make matters easier. A number of practices already start patients on this medication removing the need for any referral. A training course for Practice Nurses on initiation of GLP1 therapy sessions have been arranged as shown on page 1.

The makers of Trulicity have an excellent video for patients as to how to use Trulicity

We welcome any contributions or suggestions for future editions of the newsletter.

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