

Welcome to the sixth edition of the newsletter, the first for 2021.

This edition will hopefully provide some useful updates on a variety of topics and we are grateful to all those who have made contributions.

## Diabetes MCN Annual Education Virtual Conference for HCP's Wednesday 5<sup>th</sup> and 12<sup>th</sup> May 2021

Last year's conference had to be cancelled because of coronavirus. This year's virtual conference will be held on two successive Wednesday morning on 5<sup>th</sup> and 12<sup>th</sup> May from 9.00 to 12.30, we have done this to avoid having to watch a screen for too long at one go. As usual we have devised a programme that will be relevant to those working in primary care. There has been a number of changes re diabetes care in the last two years and we have tried to focus on what will be most helpful in our day to day work. There will be no charge for attending and for those unable to attend on either day a recording will be available later. You can now register on this link <https://book.shsc.scot/profeducation>

Link to: [Diabetes MCN Professional Conference Programme](#)

## Free Webinar

Monday 22 March  
7.30-8.30 pm

### Meet the thyroid experts



Prof Kristien Boelaert  
Speaker



Prof Simon Pearce  
Speaker

## Managing thyroid disorders in primary care

Chaired by GP Dr Anh Tran, the session will include information on:

- Thyroid nodules and swellings
- Thyroid disease in pregnancy
- Management of hyperthyroidism & hypothyroidism

Followed by Q&A session

Healthcare professionals can register at:

<http://bit.ly/BTEGPthyroidwebinar>



Over the last few months, we've not been able to have our regular patient events but are really pleased to have run regular 'Meet the Thyroid Expert' webinars for patients. So far, we've had successful sessions on Thyroid Surgery, Thyroid Eye Disease, and one for Families of Children with Thyroid Disorders. The events have been recorded and are available to watch on our YouTube channel. <https://bit.ly/3cWtH2j>

The next one will be about radioactive iodine as a treatment for hyperthyroidism. In response from requests from medical professionals and patients we've now planned a webinar for GPs. There are so many webinars now everyone is somewhat overwhelmed, but we understand that endocrine talks are not something easy to come by so we're hoping that this may be a valuable resource.

The speakers are Prof Simon Pearce, consultant endocrinologist (Newcastle) and president of the British Thyroid Association, and Prof Kristien Boelaert, consultant endocrinologist (Birmingham). Following their presentations there will be a Q&A which will be chaired by Dr Anh Tran, GP from Surrey.

## Disposal of Sharps

The Lothian wide service with pharmacists providing sharps boxes and receiving full boxes for disposal has now been running for twelve months. It is proving very successful but not all pharmacists are part of the scheme. Patients started on injectable devices including GLP 1 injections as well as insulin, are not routinely provided with a disposals box in hospital. It has recently come to our attention that some people were not aware of the scheme. We do know that pharmacists and GPs have been very good at getting patients involved in this scheme.

## Availability of Blood Glucose Monitors and blood glucose testing

Blood glucose meters are not prescribable. The Accu-Chek Performa meter is the meter of choice for people with type 2 Diabetes. Roche pharmaceuticals are happy to provide practices with a supply of these meters. If you do require a further supplies of these meters please contact [marion.guthrie@roche.com](mailto:marion.guthrie@roche.com)

It is of course very important that people know how to use their meter. In the present situation people may find it useful to learn or refresh their knowledge about how to use their meter. Many patients have found the following link to a You Tube video helpful.

[Getting started with the Accu-Chek Performa meter - YouTube](#)

Roche also have a number of educational leaflets which are clear and informative.

Whilst routine use of Blood glucose monitoring is not recommended for all people with type 2 Diabetes there are many circumstances when SBGM may be very useful to help improve control of a person's diabetes.

[Accu-Chek Performa QRG](#)

Marion Guthrie is very happy to provide practices with support and guidance about the use of Performa meters.

People using other meters will usually be under the care of a hospital clinic. The following letter gives details of the revised arrangements at RIE, there is a table within the letter which lists relevant meter helpline numbers of various companies if a patient needs to contact a company.

[Drop in letter OPD2](#)

## Libre 2

The Libre device for blood glucose monitoring was introduced in 2014. It has of course transformed the lives of many people with Diabetes removing the need for finger pricks several times each day. There are over 3,500 people in Lothian currently using a Libre device. The new device Libre 2 is more accurate than the old device with added Bluetooth connectivity and alarms for both hypo and hyperglycaemia. The official launch for Libre 2 took place on February 25<sup>th</sup>. Roll out of the new device has already started and will continue for a few weeks, a copy of the letter being sent to patients is appended along with patient information details.

The letter to patients is here: [www.edinburghdiabetes.com/libreletter](http://www.edinburghdiabetes.com/libreletter)

Information for patients is here: [www.edinburghdiabetes.com/libretwo](http://www.edinburghdiabetes.com/libretwo)

## Trulicity

If any Healthcare Professionals would like demonstration pens and patient support booklets for Trulicity please contact:

[parylo\\_dawn@network.lilly.com](mailto:parylo_dawn@network.lilly.com)

## computerised Cognitive Behaviour Therapy (cCBT)

cCBT is proving helpful and there are special modules for people with Diabetes

Listed below are links to information relating to the diabetes cCBT modules and how clinicians can refer.

<https://apps.nhslothian.scot/refhelp/MentalHealthAdult/PSYCHOLOGYBEHAVIOURALSERVICESADULT/ComputerisedCBT/ccbt-diabetes>

<https://apps.nhslothian.scot/refhelp/guidelines/ResourcesLinks/cCBT%20-%20Silvercloud%20Referral%20Information%20-%20Diabetes%20T1T2.pdf>

Clinicians who are interested in seeing the module can use the following guest log in details:

<https://nhslothian.silvercloudhealth.com/>

Username: Diabetes

Password: Training#3

*(as password is routinely updated please try '4' or '5' or contact cCBT 0131 537 1247 if it doesn't work)*

Letter from Dr Karen Madill consultant ophthalmologist regarding DNAs

Since the national restart of diabetic eye screening (previously named diabetic retinopathy screening), we have been concerned to find a particularly high DNA rate amongst Lothian service users. This has been significantly in excess of DNA rates in other regions around Scotland. While this is undoubtedly multifactorial in cause and related to various aspects of the ongoing COVID pandemic, we are concerned to find a particularly high DNA rate amongst newly diagnosed diabetes patients.

We are aware of some specific issues in Lothian relating to the delivery of educational material which would usually be available in person. This has an impact on the diabetes education that newly diagnosed diabetes receive, which also includes education on the importance of eye screening. We are looking at how access to educational support can be improved in the current time, but we would be very grateful for the help of our Primary care colleagues in reinforcing the importance of attending for diabetic eye screening, especially in newly diagnosed individuals. We are aware, that primary care colleagues already have these conversations with newly diagnosed diabetes patients, but given that the access to additional support is not delivered as usual as a result of COVID, it would be very helpful if the importance of eye screening could be mentioned in any other patient contact opportunities, to help to get this message across. Newly diagnosed diabetics are a priority group for screening and will be offered an appointment at the first opportunity after diagnosis.

Diabetic eye screening is continuing to run, albeit at a reduced pace of appointments to facilitate physical distancing and cleaning of equipment between patients. We would like to reassure patients and colleagues that we are open and making every effort to ensure the safety of service users.

If individuals are unable or unwilling to attend their eye screening appointment, it would also greatly help if this could be communicated to the diabetic eye screening team so that appointments can be offered to other service users. The contact number is **0131 536 4145** to let us know, there is no email contact at present. If you have concerns about a patient's vision, please continue to direct Patients declining to attend are offered another opportunity to attend for eye screening within 3 months. As per the usual policy, patients who fail to attend or do not contact the screening team after three offers, will be offered another appointment in twelve months.

We are aware of the increased pressures and demands on primary care services and appreciate the support during this challenging time. If there is anything else we can do from our end to help primary care colleagues in supporting patients with this, please contact us to let us know. If you have concerns about a patient's vision, please continue to direct them to their optometrist in the first instance. A referral into ophthalmology can then be made if necessary.

Thank you very much for any help you can offer in communicating the ongoing service being offered by diabetic eye screening and also of the importance of attending these appointments.