

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

NEW PRIMARY CARE PRESCRIBING GUIDANCE FOR TYPE 2 DIABETES

The Lothian GP prescribing committee and the Lothian Joint Formulary team have approved new prescribing guidance for Type 2 diabetes. In essence, the MCN is keen to promote increased use of SGLT-2 inhibitors and GLP-1 agonists, which are associated with weight loss and cardiovascular benefits. These agents also do not cause hypoglycaemia in their own right. The MCN recognises that these agents may be less familiar to some primary care teams. Abbreviated prescribing advice and a FAQ document are attached below. Full prescribing advice is available in the diabetes section of the LJF. There are also information leaflets for patients available on the MCN website.

We have allocated a link Diabetes Consultant to each primary care cluster in Edinburgh, East and Mid-Lothian (pre-existing link arrangements were in place in West Lothian). The aim of the link programme is to support clusters and primary care teams in quality improvement activities in diabetes. If individual practices or clusters do need extra information or education on the new medications, please do contact Marie McCallum (marie.mccallum@nhslothian.scot.nhs.uk).

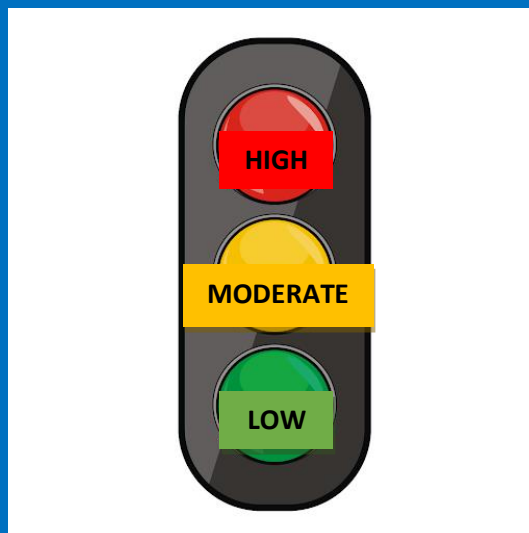
Links below to the following documents:

- [Abbreviated primary care type 2 diabetes prescribing guidance](#)
- [Diabetes Prescribing Guidance for Primary Care FAQ](#)
- [Patient Information Leaflets](#)
- [Clusters and Cluster Quality Leads October 2021](#)

Diabetic Foot Risk Stratification and Triage

New national guidance on foot screening have been published. In individuals with 'low risk' feet, screening is now required every two years, but annual screening is required on an annual basis for people with feet at 'moderate risk'. People with feet at 'high risk' do not require screening as they should have an individualised management plan from a podiatrist with expertise with diabetes. The full guidance is available on from the attachment below.

The new national guidance is available here: [Foot Traffic Light Screening Guidance](#)



QUIT YOUR WAY
with our support



Smoking Cessation Support

Specialist advisors from Quit Your Way are still working remotely to help support patients via telephone calls. Our advisors will be able to assess your patients' smoking and provide a recommendation of medication to help them quit. They will also provide telephone behavioural support.

Referral Pathway

Secondary care - follow the current acute referral pathway and email to your sites smokefree mailbox. Email the patient's name, CHI and ward number/OP clinic to SmokeFreeRIE, SmokefreeStJohns or SmokeFreeWGH

Primary care - Email patients name, CHI and phone number to

QuitYourWayServiceNHSLothian@nhslothian.scot.nhs.uk

Training - An update on how to deliver very brief advice regarding smoking can be accessed via the National Centre for Smoking Cessation & Training (NCSCT). Access it here; <https://elearning.ncsct.co.uk/free>

Social Media - We are now on Facebook and Twitter, please have a look and share with your patients



QuitYourWayNhsLothian



@QYWLothian

Pan Lothian Management of Diabetes for HCSWs

For Healthcare Support Workers working in all settings across Lothian.
This is currently a virtual half day course and will be delivered over MS Teams.

Please note, access to MS Teams is required to participate

Upcoming Dates:

Tuesday 26th October 2021 - 13.00-16.30

Tuesday 14th December 2021 - 13.00-16.30

Register on eESS

Contact [Marie McCallum](#) if further information is required

Lilly Webinar Programme for 2021/2022

This is a series of stand-alone webinars developed and delivered by LILLY, with local involvement from NHS specialists will run from September 2021 through to May 2022. These webinars are non-promotional and will cover a variety of topics.

The intended audience is GPs, Practice Nurses and Practice based Pharmacists in Primary Care, however they are open to anyone caring for patients with diabetes.

All sessions will be **12.30-1.30** and you may register for as many as you like.

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

Modular rolling programme

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|--------------------------------------|--|
| Wednesday 1st December 2021: | Overview of T2D and Thinking beyond HbA1c: Managing CV risk in T2D |
| Tuesday 11th January 2022: | Oral therapies for T2D |
| Wednesday 16th February 2022: | Introducing CRM: the relationship between Cardiovascular, Renal and Metabolic systems in T2D |
| Thursday 31st March 2022: | Complications of diabetes |
| Wednesday 11th May 2022: | Diabetes in older people and frailty |



JAZZ Meters

AgaMatrix WaveSense **JAZZ™** and WaveSense **JAZZ™ WIRELESS** blood glucose meters have been added to NHS Lothian Joint Formulary and can now be given to people with Type 2 Diabetes and people with Gestational Diabetes.

Product Summary

WaveSense JAZZ™

- Many optional advanced features but also simple for patients who require straightforward testing and storage of test results – **ready to use straight from the box.**

WaveSense JAZZ™ WIRELESS

- Popular for **remote management** of patients, to help reduce surgery visits.
- Designed for use with the free of charge AgaMatrix Diabetes Manager (ADM) app and uses Bluetooth to automatically transfer blood glucose results from meter to app.
- Other diabetes data such as insulin doses, carbs and weight can be stored and tracked.

Key Benefits

- **Starter kit** - Includes 25 strips, 30 lancets, control solution and 2 spare batteries.
- **Maximum comfort for testing** – by combining smallest sample size (0.5ul) and finest lancet (33 gauge/0.2mm). A 28-gauge (0.35mm) is also available – no price difference.
- **Accurate representation of glycaemic control** – as control solution is automatically detected. **Easily spot glucose trends** – from pre- and post-meal averages (results auto meal tag).
- **More options for prescribing** - 1 vial of 50 or 2 vials of 25 (Duo pack) for patients who test less frequently – no price difference.

Support

- **Support guides & videos** – multiple language guides, a series of short ‘how-to’ videos and remote management tutorials available on AgaMatrix website – agamatrix.co.uk
- **Clinic Review Services** - to support your practice optimise prescribing - agamatrix.co.uk/professional/clinic-review-services/ **Stock, support & product training** – request directly from your local AgaMatrix Diabetes Care Manager, Lorna Todd.

Please contact Lorna to find out more - call 07342 880081 or email ltodd@agamatrix.com