

Welcome to the Eighth edition of the newsletter. This edition will hopefully provide some useful updates on a variety of topics, thank you to Audrey McGregor for the DESMOND contribution.

We start this newsletter with a welcome and introduction to Suzy Scarlett who is the new Diabetes MCN Clinical Lead for Primary Care. Suzy is a GP in Northwest Edinburgh who brings with her the knowledge and networks from her time with the East of Scotland Partnership programme for type 2 diabetes prevention and remission in the East Region. She has an interest in lifestyle medicine, going upstream and incorporating all the pillars of health with patients. Her favourite pillar is physical activity and encourages other GPs to consider the RCGP active practice charter. She is delighted to take on the challenges of this role, hopes to connect the dots, and encourages colleagues to get in touch with their queries, concerns and ideas at [susannah.scarlett@nhslothian.scot.nhs.uk](mailto:susannah.scarlett@nhslothian.scot.nhs.uk).

## LOTHIAN HYPERTENSION GUIDELINES 2022

A Guide to Practice in Lothian, reissued January 2022 in line with updated NICE Guidelines (applies to all adults, including those with type 2 diabetes (T2DM))

Further local advice is available through referral via RefHelp

You will find the guidelines on the link below:

[Lothian Hypertension Guidelines.pdf](#)

## New Clinical Practice Meetings!

We are excited to announce the start of new 'Clinical Practice' meetings. They will take place on the Fourth Monday of each month (excluding December) from 12.30 – 1.30. These meetings are aimed at primary care teams and will allow teams to showcase aspects of their diabetes service and quality improvement activities. There will also be an open clinic forum where colleagues can bring clinical queries and problems for discussion. Please let us know if you want to share any of your QI work! These meetings are separate from the Webinar programme overleaf.

**The first meeting will take place on Monday 22 August, where Dr Michelle Downer from Blackhall Medical Centre will present a Cluster Project on GDM Follow Up.**

To register contact:

[marie.mccallum@nhslothian.scot.nhs.uk](mailto:marie.mccallum@nhslothian.scot.nhs.uk)

## Diabetes Professional Education Video Modules

There is a series of 12 professionally made professional education video modules which are live on the NHS Lothian internet Professional Education website. The modules are aimed at registered nurses and other staff looking for diabetes management education, these modules are the core learning of diabetes for professional education. Staff choose which modules are suitable for them.

You will find the link to the videos below

[Videos and Core Learning](#)

## 2022/23 Webinar Programme for Healthcare Professionals

This is a series of stand-alone webinars which have been developed by Lilly, with local involvement from NHS Specialists, these will run from September 2022 through to May 2023

These webinars are non-promotional and will cover a variety of topics. The intended audience is GPs, Practice Nurses, Practice and Community 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](mailto:marie.mccallum@nhslothian.scot.nhs.uk)

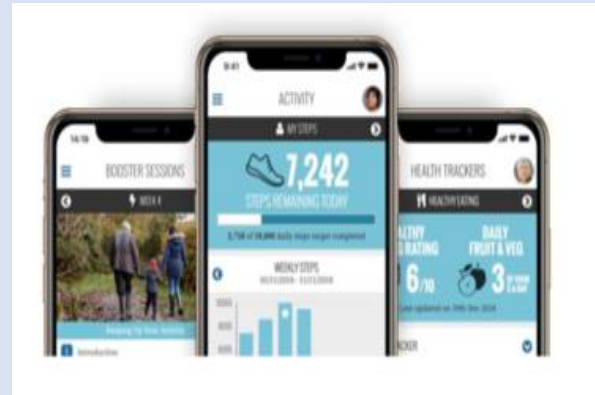
Day	Date	Topic
Thursday	8 <sup>th</sup> September 2022	Overview of Type 2 Diabetes
Tuesday	11 <sup>th</sup> October 2022	Oral Therapies for Type 2 Diabetes
Wednesday	23 <sup>rd</sup> November 2022	Thinking beyond sick day rules
Thursday	12 <sup>th</sup> January 2023	Practical management during illness
Tuesday	28 <sup>th</sup> February 2023	Introducing CRM; cardio, renal, metabolic
Wednesday	29 <sup>th</sup> March 2023	Practical use of oral therapies
Thursday	11 <sup>th</sup> May 2023	Diabetes in older people & frailty

## GLP 1-RA Workshops

The workshops will provide an understanding of the physiological benefits of GLP-1RA, the differences between commonly prescribed GLP-1RA and an understanding of the effect of GLP-1RA therapy in Type 2 diabetes. The aim is to support the initiation and review of GLP-1Ras, giving HCPs the knowledge, ability and confidence to manage these patients in primary care, removing the need for secondary care referral.

**Attendance is required on both days of the workshops**

GLP-1RA Workshop	Day	Date	Time
Workshop 1	Thursday	3 <sup>rd</sup> November 2022	1.30 – 4.30pm
Workshop 1 Follow up session	Thursday	15 <sup>th</sup> December 2022	1.00 -2.00pm
Workshop 2	Tuesday	7 <sup>th</sup> February 2023	1.30 – 4.30pm
Workshop 2 Follow up session	Tuesday	21 <sup>st</sup> March 2023	1.00 -2.00pm



Type 2 Diabetes education is an integral part of patients' Type 2 Diabetes care plans. NHS Lothian has offered DESMOND courses for many years (Diabetes Education and Self-Management for Ongoing and Newly Diagnosed, licensed by The Leicester Diabetes Centre). All DESMOND programmes are designed to be interactive, allowing patients to ask questions and find out more about how Type 2 Diabetes affects them individually.

We are delighted to introduce the MyDESMOND digital platform for Type 2 Diabetes support as a welcome addition to NHS Lothian's menu of Type 2 Diabetes education choices, helping to meet a wider range of learning styles and needs.

Following the impact of the pandemic, digital programmes such as MyDESMOND have been at the forefront of supporting health self-management. MyDESMOND adds to already established options in Lothian, providing a much anticipated fully interactive digital programme.

Developed with mobile-use in mind, MyDESMOND is a web based site that can also be used on tablets and PCs. Developed on a robust bed of evidence as a stand-alone product, or as a follow-on from group programmes; patients may complete MyDESMOND instead of, or as well as, educator led groups. It has undergone rigorous security testing to secure Orcha and Qismet accreditations.



[ORCHA](#)



Quality Institute for Self-Management Education & Training

[Accreditation - Qismet](#)

MyDESMOND contains three interactive learning programmes:

1. **Let's Prevent Diabetes,**  
for those at moderate to high risk of Type 2 Diabetes
2. **Core MyDESMOND, Type 2 Diabetes Education**
3. **Baby Steps,**  
for patients with previous gestational diabetes.

This enhances existing in person and virtual group education and supported self-management programmes for people living in Lothian with Type 2 Diabetes and for those at risk of developing Type 2 Diabetes.

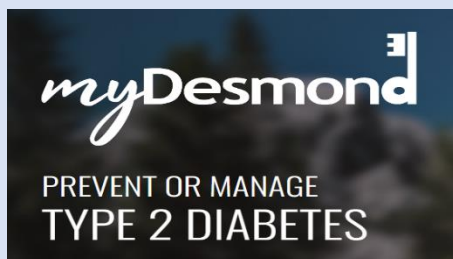
Patients have fully secure/NHS Lothian Data Privacy Compliant access to MyDESMOND for a minimum 2 years and this can be extended as wished.

### The MyDESMOND platform provides:

- Ability to link with personal activity monitors (e.g. Garmin/ Fitbit devices)
- Ability to add friends and family for peer education & support
- A moderated discussion portal for sharing support with other MyDESMOND users
- An anonymised Q&A forum for expert support from Leicester Diabetes Centre
- Core interactive education and health trackers

Registration is simple: patients and healthcare professionals may use the Lothian DESMOND referral form to submit referrals. Click on this link for the [self referral form](#).

The NHS Lothian DESMOND team coordinate referrals with The Leicester Diabetes Centre, who then email patients a unique link to invite them to register.



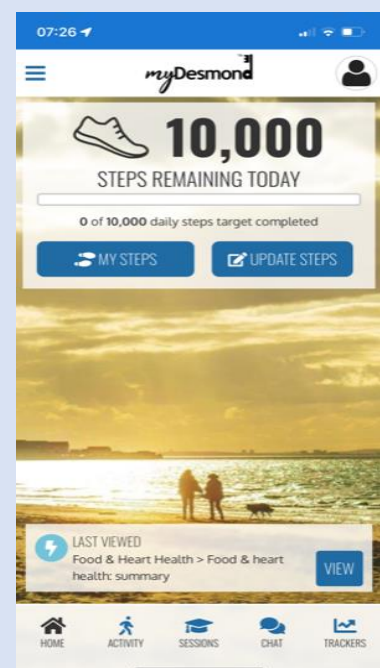
The web based platform is easily clicked onto smart devices where it behaves like an app.

This cannot be accessed via the app store, only via personal registrations.

The home page provides an overview of progress with the programme, individual to the patient, with optional booster sessions and challenges that patients may choose to complete.

Education sessions are nicely split into themes and bite sized chunks. All sessions allow patients to come and go at their own pace - including videos, quizzes, and interactive content.

Trackers provide a useful visual for patients to monitor their status and goals, supporting what matters to them.



Access to evidence-based education plus tracking tools from the earliest stages of diagnosis have been shown to improve patient outcomes and self-management. The Lothian DESMOND team have access to engagement data and can record progress with the programme. NICE guidelines require regular audit of education provision, so this is a great benefit of MyDesmond. Patients will be contacted if they don't engage and offered alternative support.

The team are able to signpost solutions to any access barriers e.g. Initiatives such as smart device provisions are available; alternative language interpretation can be arranged. There are options for Hindi, Bengali and Welsh translated versions as standard.

We are updating our websites and online forms to better reflect the current range of Type 2 Diabetes education options. With this welcome digital addition, the longer-term aim is for every person living with Type 2 Diabetes in Lothian to be offered access to MyDESMOND, regardless of when diagnosed.

DESMOND is now coordinated within the Weight Management and Prevention of Type 2 Diabetes team.

We welcome any queries –

**E-mail:**

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Ground Floor, Woodlands House,  
Astley Ainslie Hospital,  
Canaan lane,  
EDINBURGH EH9 2TB**

**Telephone: 0131.537.9169**

More Information is also available from the MyDESMOND homepage at [www.mydesmond.com](http://www.mydesmond.com)  
Link - [MyDesmond | Prevent or Manage Type 2 Diabetes](#)