



### Welcome to the 10<sup>th</sup> edition of the Diabetes MCN Newsletter.

Since our last letter we have bid a fond farewell to Marie McCallum, co-ordinator for the MCN for many years up until her retirement.

We would also like to wish Katharine Ramage, MCN Professional Education Lead well as she moved on to her new appointment out with the NHS and thank her for all the fantastic outputs she has pulled together in her role as professional educational lead for the MCN. Until a new education lead can be appointed, please refer to the vast range of resources available on **the MCN professional education website** <https://staff.nhslothian.scot/diabetesprofessionaleducation/>

We have recently welcomed Wenyi Zhou to the team who shares the MCN secretary role with the respiratory MCN and has been working hard to pull together this edition. A new Diabetes and Respiratory MCN co-ordinator is also being recruited.

In this fast-moving field of post-pandemic care, we share our latest educational offerings from the Lilly webinar program, monthly clinical practice meetings to a save the date for this year's virtual conference in June, together with an update on prescribing, de-escalation of medication in frailty, and various community initiatives.

As always, we invite comment and queries for the development and improvement in diabetes care and look forward to meeting clusters in upcoming months to discuss how we can help target care where it is needed most for example via sci-diabetes datasets.

Best wishes,

**Suzy Scarlett and Mark Strachan**

In the 10<sup>th</sup> edition, you can find information about:

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## Continuous Professional Development

### Diabetes MCN Professional Education Webinar Programme 2022/2023

This is a series of stand-alone webinars which have been developed and delivered 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 and 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.

Day	Date	Topic
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-1RA Workshops

The workshops will provide an understanding of the physiological benefits of GLP-1RA, the differences between commonly prescribed GLP-1RAs 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.

GLP-1RA Workshops	Day	Date	Time
Workshop 1	Tuesday	7 <sup>th</sup> February 2023	1.30 – 4.30pm
Workshop 1 Follow up session	Tuesday	21 <sup>st</sup> March 2023	1.00 -2.00pm
Workshop 2	Thursday	20 <sup>th</sup> April 2023	1.30 – 4.30pm
Workshop 2 Follow up session	Thursday	18 <sup>th</sup> May 2023	1.00 -2.00pm

### **Lothian Diabetes MCN Clinical Practice Meetings**

The Lothian Diabetes MCN Clinical Practice meetings will take place on the Fourth Monday each month (excluding July and December), they will take place over lunchtime from 12.30 – 1.30 on MS Teams, these meetings are aimed at primary care teams to showcase aspects of service and quality improvement activities and an open clinic forum where colleagues can bring clinical queries and problems for discussion. Teams will be requested to showcase quality improvement activities.

The next meeting will take place on **Monday 27th March** which will be presented by Michelle Downer on “B12 and Metformin Project”.

Date	Speaker	Topic
27.03.23	Michelle Downer	B12 and Metformin Project
24.04.23	Debbie Wake	My Diabetes My Way – Maximising Patient Engagement

To register contact: [wenyi.zhou@nhslothian.scot.nhs.uk](mailto:wenyi.zhou@nhslothian.scot.nhs.uk)

### **What HbA1c targets should be aimed for in T2D?**

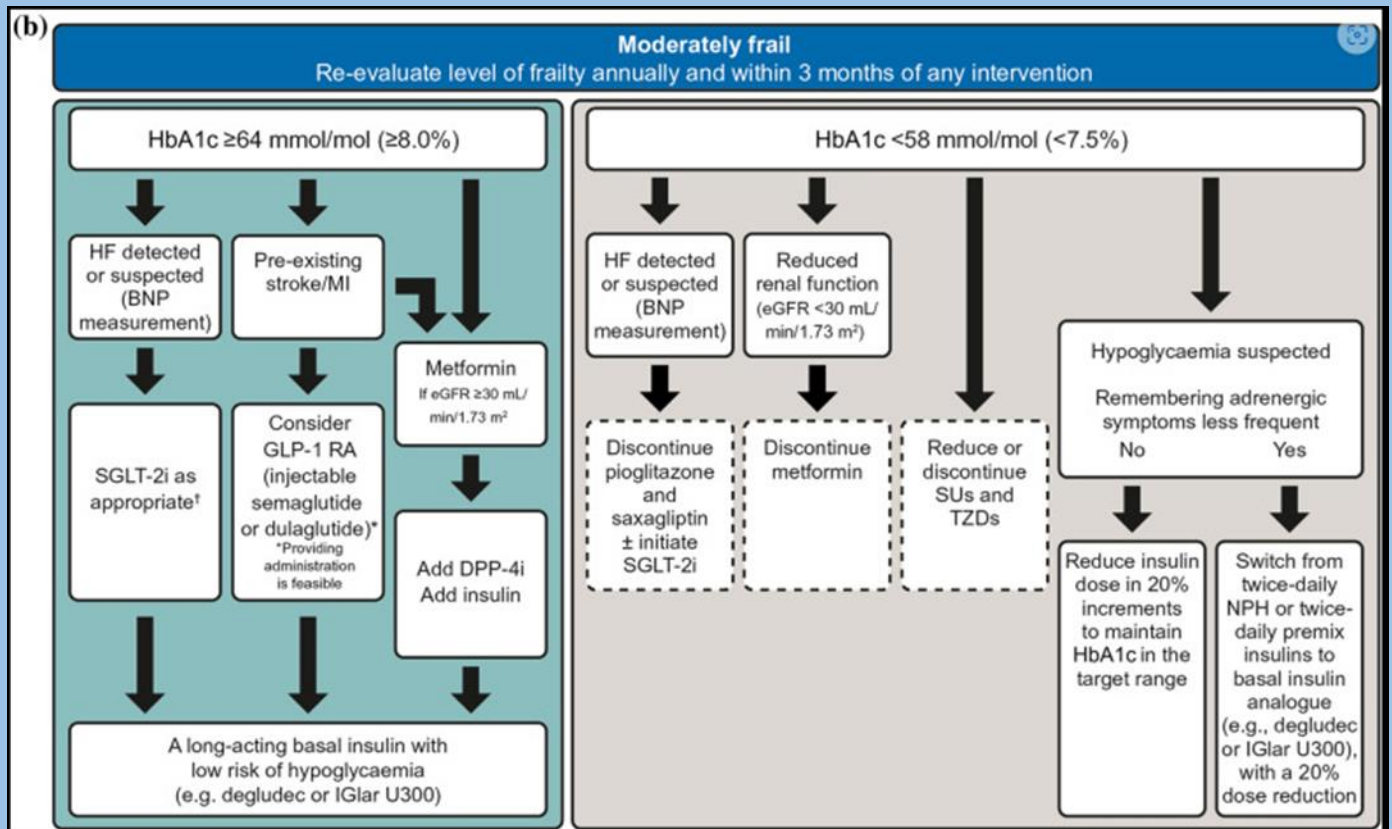
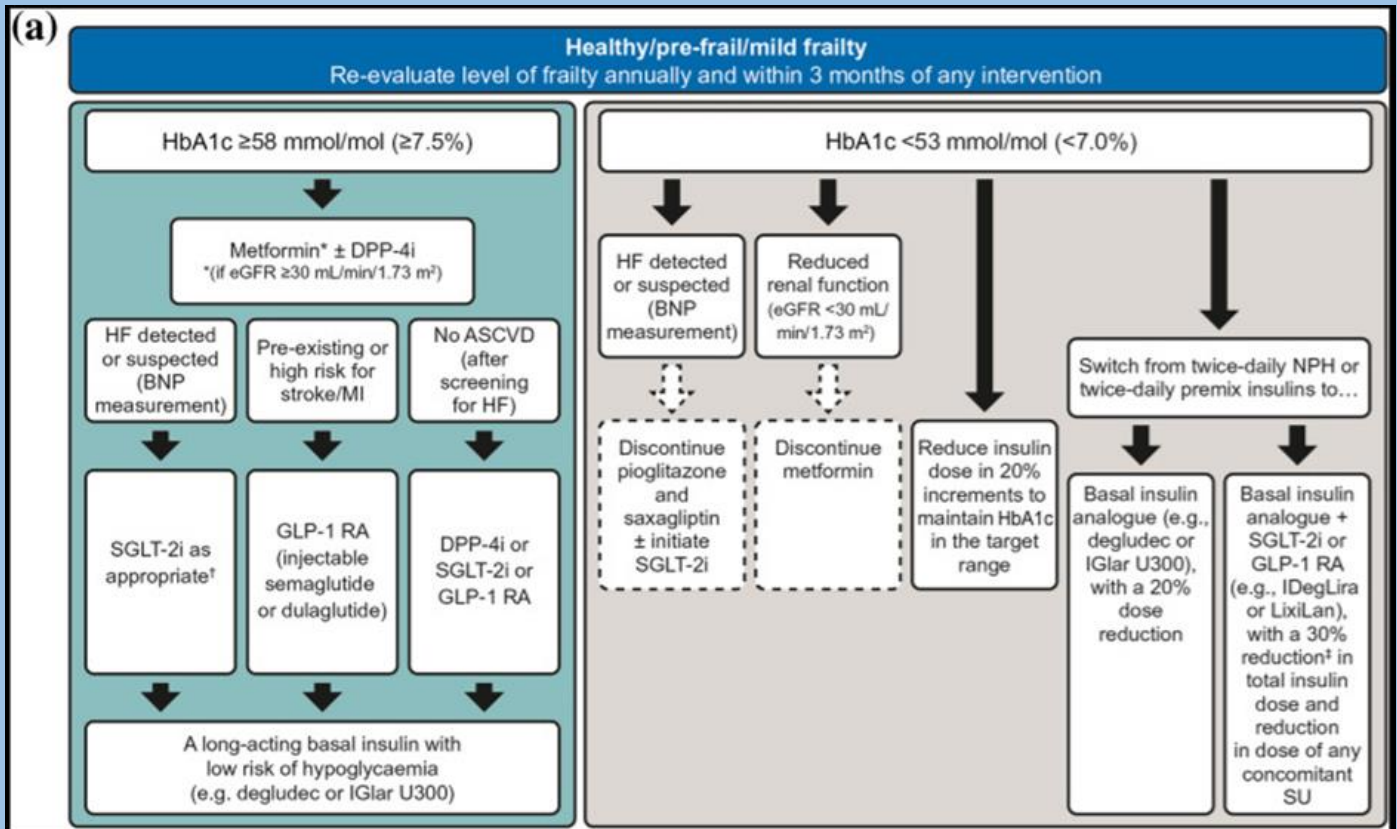
#### **Diabetes and Frailty**

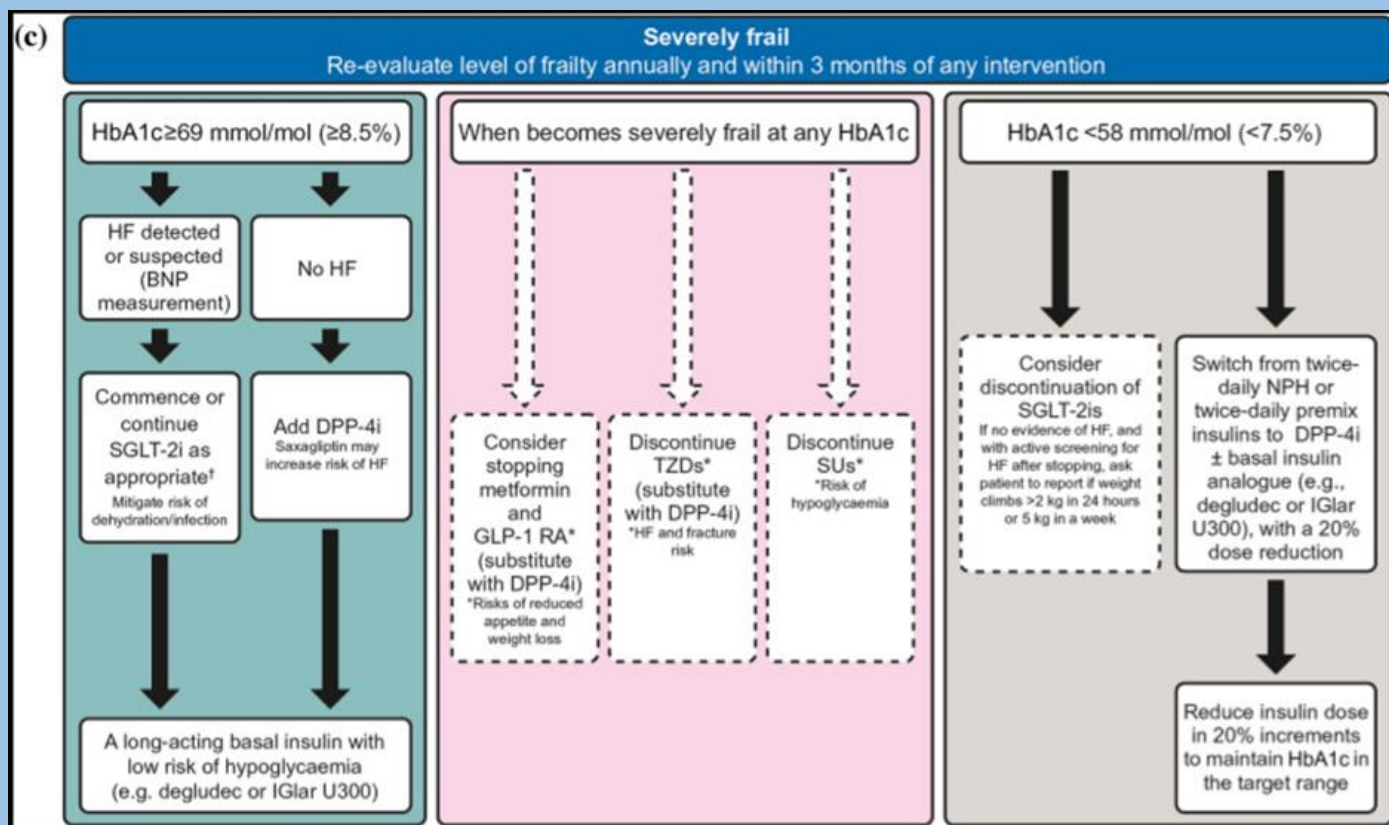
As we are increasingly practicing realistic medicine, we need to tailor our diabetic reviews in our frailer populations. Consider de-escalating therapy appropriately, as per the [Diabetes and Frailty: An Expert Consensus Statement on the Management of Older Adults with Type 2 Diabetes - PubMed \(nih.gov\)](#)

#### *What HbA1c targets should be aimed for in T2D?*

The MCN recommends the following HbA1c targets:

- 48 mmol/mol for individuals managed with therapies that do not cause hypoglycaemia
- 53 mmol/mol for individuals who require treatments that can cause hypoglycaemia (insulin and/or sulphonylureas).
- 64 mmol/mol for individuals with moderate-severe frailty
- 70 mmol/mol for those with very severe frailty.





Strain, W. D., Down, S., Brown, P., Puttanna, A., & Sinclair, A. (2021).

## The Bigger Picture - Diabetes Support, News, and Initiatives

### Join the Edinburgh support group for adults living with diabetes.

A new group for adults living with any type of diabetes has been launched in Edinburgh. Their next meeting is on 23rd March.

The group plan to have regular meet ups, informative talks and fun events.

The aim is to offer peer support and build a strong diabetes community.

**Diabetes Scotland**  
KNOW DIABETES. FIGHT DIABETES.

**diabetes Edi**

Living with Diabetes? Living in Edinburgh? Come along!

Please indicate your attendance via Eventbrite (Link in bio) or message us, so we can book enough spaces!

(Gluten free and vegetarian options!)

Meeting Address: The Dog House, 18-24 Clerk St, Newington, Edinburgh EH8 9HX

**Diabetes Scotland**  
KNOW DIABETES. FIGHT DIABETES.

**diabetes Edi**

**Diabetes Edinburgh Second Meet Up 2023!**

Type All Taco Thursday @ The Dog House  
23rd March @ 18:30

Meeting for casual food/ drinks!  
(Cost of food/ drinks not covered)

**FIGHTING FOR A WORLD WHERE DIABETES CAN DO NO HARM**

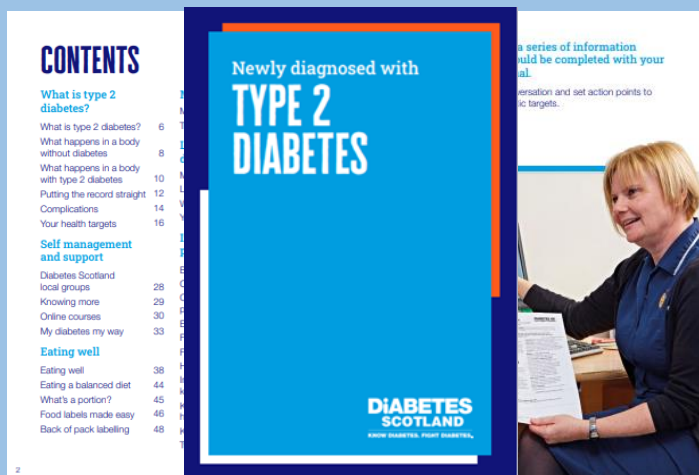
To register: [Diabetes Edinburgh \(mailchi.mp\)](https://mailchi.mp/diabetesedinburgh)

For more information email [DiabetesEdinburgh@gmail.com](mailto:DiabetesEdinburgh@gmail.com)

Or follow 'DiabetesEdinburgh' on Instagram and Facebook, and 'DiabetesEdi' on Twitter.



### The Workbook for Newly Diagnosed with Type 2 Diabetes by Diabetes Scotland



This booklet includes some information about type 2 diabetes in general, the medication, the care the patients are entitled to, and help on managing the condition by the patients themselves. This pack is funded by the Scottish Government Diabetes Improvement Fund, the UK's leading charity for people living with and affected by diabetes, to help the patients with their questions, give them support and put them in touch with other members of the diabetes community.

The workbook is now available at [the Diabetes MCN website for public](#).



You are in: Home > For Patients and Carers > Patient Information Leaflets


## Patient Information Leaflets

### Information for people with a new diagnosis of Type 2 diabetes



- **Workbook for Newly Diagnosed with Type 2 Diabetes**
- **Newly Diagnosed with Type 2 Diabetes Patient Information Leaflet**
- **Living with Type 2 Diabetes**

[Patient Information Leaflets – Diabetes Managed Clinical Network \(nhslothian.scot\)](https://nhslothian.scot)

### Diabetes Scotland/UK News

	<p><b>New!</b></p> <p>Community outreach project with the Scottish Professional Football League Trust (SPFL Trust).</p> <p>12-week exercise programme for men and women who have been diagnosed of being at risk of developing type 2 diabetes – Football Fans In Training (FFIT).</p> <p>Delivered by professional football coaches. All participants will undergo a Diabetes UK Know Your Risk test at the first and last session.</p> <p>Diabetes Scotland is looking for volunteers to attend the final session to speak to those deemed at moderate or high risk to raise awareness of the seriousness of the condition and to signpost people to support from Diabetes UK (and where appropriate the type 2 pathways in their areas.)</p> <p>For more information please use this link: <a href="#">Scottish Professional Football (SPFL) Trust Ltd - Football Fans In Training (Scotland)   Diabetes UK Volunteering</a></p>
<ul style="list-style-type: none"> <li>• As part of our Diabetes Scotland Whole Family Approach, we continue to run our Youth Programme for young people. We support young people aged 13-24 across</li> </ul>	



<p><b>Diabetes Scotland Whole Family Approach</b></p>	<p>Scotland. We do, however, still require young leaders in Forth Valley to get involved in offering a local group for young people in their area. For more information on this or any of the project please contact <a href="mailto:caitlin.beaton@diabetes.org.uk">caitlin.beaton@diabetes.org.uk</a>.</p> <ul style="list-style-type: none"> <li>• Also, as part of this work we will have a separate youth gathering at our upcoming <b>Family Network Day taking place at the Alona Hotel, Strathclyde Park, Motherwell on Sunday 21<sup>st</sup> May</b>. This will be open to young people and families across Scotland. Registration is not yet open however for further information please contact <a href="mailto:cheryl.mcphilimy@diabetes.org.uk">cheryl.mcphilimy@diabetes.org.uk</a>.</li> <li>• We are also very excited that we are in the final stages of launching our acT1on programme which we believe to be the first of its kind, self-administered health psychology intervention for parents and carers of children living with type 1 diabetes. For further information please contact <a href="mailto:cheryl.mcphilimy@diabetes.org.uk">cheryl.mcphilimy@diabetes.org.uk</a>.</li> </ul>
	<p>We are launching our 'Diabetes Tech Can't Wait' campaign, calling for fair and equal access to diabetes tech, in line with national guidelines.</p>
<p><b>ARE YOU NaDIA READY?</b></p>	<p>Hospitals across Scotland are conducting the first National Diabetes Inpatient Audit (NaDIA) from 09-16 May. The audit will give a baseline measure of the quality of diabetes care provided to people with diabetes while they are admitted to hospital.</p> <p>Speak to your inpatient care lead for more information on how your hospital is conducting this audit. To share any examples of best practice please contact Judith Kennon, Health System Engagement Manager <a href="mailto:judith.kennon@diabetes.org.uk">judith.kennon@diabetes.org.uk</a></p>
	<p>Two more funding rounds for the Type 1 Diabetes Grand Challenge are open:</p> <ul style="list-style-type: none"> <li>• Beta cell therapies for type 1 diabetes</li> <li>• Root causes of type 1 diabetes</li> </ul> <p>Researchers can apply for up to £3 million for new projects. For more information please visit: <a href="#">Type 1 Diabetes Grand Challenge website</a></p>
	<p>Discovering Leadership applications for 2023 are now open! To develop as a leader of change in diabetes care sign up to #DiscoveringLeadership 2023. To explore more about becoming a leader in diabetes care visit: <a href="#">Discovering Leadership   Diabetes UK</a></p>
<p><b>JOIN THE ORGANISING COMMITTEE FOR THE DIABETES UK PROFESSIONAL CONFERENCE</b></p>	<p>We are currently recruiting professionals with a specific interest in diabetes from the following disciplines:</p> <p>Specialist Registrar, Basic Scientist, Community Nurse with interest in diabetes and Pregnancy Specialist</p> <p>For more information visit: <a href="#">2024 Professional Conference Organising Committee</a></p> <p>Closing date for applications <u>Friday 24<sup>th</sup> March</u></p>
<p><b>DIABETES UK CLINICAL CHAMPIONS PROGRAMME</b></p>	<p>Clinical Champions are people working in healthcare who are committed to improving diabetes care. Clinical Champions take part in a two-year development programme, where they learn about systems leadership, influencing change, and benefit from peer support and peer learning. At the same time, they are supported in their work to improve and transform diabetes care in their local areas, regionally, and nationally.</p> <p>For more information visit: <a href="#">The Clinical Champions Programme   Diabetes UK</a></p>

### 'Parkrun for the NHS' – Celebrating the NHS's 75th Anniversary

#### Parkrun coverage in Scotland



The banner features the Vitality parkrun logo on the left and the NHS 75 1948 - 2023 logo on the right. The central text reads 'parkrun for the NHS marking the NHS's 75th anniversary'. Below this, it lists the dates: 'Saturday 8 July' and 'Sunday 9 July (junior parkrun)'. The hashtag '#NHS75parkrun #NHS75' is displayed in a blue box. At the bottom, the text 'Walk, jog, run or volunteer!' is written in white on a blue background. On the right side, there is a circular inset photo of two people giving a thumbs up.

Have you considered signing up to be a **parkrun** practice?

We featured a story at the top of the last newsletter from Dr Berit Inkster who had been involved in setting up and running the Holyrood parkrun, featuring some of the many health benefits of parkrun (run, walk or volunteer). If you aren't already a parkrun practice now is a great time to get involved as we head towards NHS 75 years celebrations in July.

For more information see ['parkrun for the NHS' – celebrating the NHS's 75th anniversary | parkrun UK Blog](#)

To Register: <https://www.parkrun.org.uk/register/>