

WELCOME

Welcome to **Issue 14** of the **Diabetes MCN Newsletter**.

Since our last newsletter we have welcomed Emma Campbell as MCN Secretary.

Emma brings a wealth of experience from her previous role as secretary at The Chalmers Centre.

If you have any queries or suggestions about this issue, or wish to include an article in the next issue, please send these on to:



natalie.martin@nhs.scot

IN THIS ISSUE

HIGHLIGHTS

- Diabetes MCN Professional Education Conference (Registration Live)

CONTINUED PROFESSIONAL DEVELOPMENT

- Lothian Diabetes MCN Clinical Practice Meetings 2024
- Professional Education pan Lothian Update

PRESCRIBING UPDATES

- Updated Guidance on Managing GLP-1 RA Shortage
- SIGN 170: Optimising glycaemic control in people with type 1 diabetes (now published)
- Comment on a draft SIGN Guideline: Diabetes in pregnancy & Prevention and remission of type 2 diabetes

PATIENT RESOURCE UPDATE

- My Diabetes and Me – Research Study
- Further information on Newly diagnosed with Type 2 Diabetes Workbook Pilot
- Alternative Language Translation of the 'Help with your Type 2 Diabetes' Leaflet (now available)
- Launch of DigiBete App

SPOTLIGHT ON MENTAL WELLBEING

- Diabetes and Emotional Health

Diabetes Professional Education Conference

REGISTRATION LIVE

The Lothian Diabetes Managed Clinical Network (MCN) is delighted to share the details of our Diabetes MCN Professional Education Conference which is returning to an in-person format in 2024 following successful virtual events throughout the pandemic and will take place at **COSLA Conference Centre in Edinburgh**.

The conference is available to all healthcare professionals in Lothian who care for patients with diabetes and the event programme covers various topics in diabetes diagnosis, care and management and you will also have an opportunity to attend all four workshops and bring your questions to our Q&A panel on the day.

Please be advised the registration is currently full however, we are taking a waiting list.

For further information and to register please visit the link below:

[Diabetes MCN Professional Education Conference 2024 – Diabetes Professional Education \(nhslothian.scot\)](https://nhslothian.scot)



Lothian Diabetes MCN Clinical Practice Meetings 2024

A huge thanks to all of our speakers who have shared a wide variety of presentations on cases, clinical systems and quality improvement projects to date. We have an exciting line up coming later in the year, if you missed anything and want to watch the sessions back please join the channel if you haven't already done so.

**Aimed at
Primary Care**



4th Monday of each month

12:30 – 13:30

MS Teams

(excluding July and Dec)



Click here to view the full programme for 2024



To register or catch up on sessions email:

loth.diabetesmceducation@nhs.scot

Future Topics

May

Cardiorenal Metabolic Series:

Diabetes CKD

**Showcasing Quality Improvement in
Lothian Part 2:**

June

A broader approach to diabetes care in the community & Improving completion of 9 Processes of Diabetes Care in Whipark Medical Practice



We are keen to hear your ideas for case study discussions at the Clinical Practice Meetings.

If you wish to discuss a case study at the meetings, please submit this to:

susannah.scarlett@nhs.scot

Professional Education pan Lothian Update

The following diabetes education courses are available for HCSW's and Registered Nurses in Acute and the Community. All courses can be booked on [eESS](#). Please click [here](#) for more information.

Community HCSW			Community Registered Nurse		
Date	Time	Place	Date	Time	Place
14 th May	1400-1600	Large Room, Gracemount	16 th May	1400-1600	Room 2, Pennywell All Care Centre
18 th Sept	1400-1600	Room 1&2, Leith Community Treatment Centre	19 th Sept	1400-1600	Sighthill Health Centre
26 th Nov	1100-1300	Boardroom, Admin Block, Astley Ainslie Hospital	27 th Nov	1100-1300	Boardroom, Admin Block, Astley Ainslie Hospital
Management of Diabetes for HCSWs			Diabetes Training for Registered Nurse		
Date	Time	Place	Date	Time	Place
10 th Jun	0900-1100	Boardroom 1, Floor 2, Royal Infirmary of Edinburgh	17 th Jun	0900-1100	Boardroom 1, Floor 2, Royal Infirmary of Edinburgh
3 rd Sept	1300-1500	Houston Room, Medical Education Centre, SJH	3 rd Sept	0930-1130	Paul Taylor Lecture Theatre, St John's Hospital
13 th Nov	0900-1100	Seminar Room 1, Medical Education Centre, WGH			

Updated Guidance on Managing GLP-1 RA Shortage

Please find below a link to the latest MSAN on availability of GLP-1 agonists. There now do seem to be sufficient supplies of Rybelsus (oral semaglutide) to permit switching of patients on injectable agents, who have not been able to source an injection for more than 2 weeks.

Please remember that there is a relative contraindication with Rybelsus for patients with diabetic retinopathy, although clearly for those with mild (background) retinopathy the risk of progression is very low and the risk benefit would almost certainly be in favour of a switch.

Remember: Rybelsus must be taken on an empty stomach, with no medication for at least 30 minutes (please avoid adding to dosette boxes).



[Click here to access the Medicine Supply Alert Notice](#)

SIGN 170: Optimising glycaemic control in people with type 1 diabetes

NOW PUBLISHED



SIGN has recently published the toolkit on optimising glycaemic control in Type 1 Diabetes Mellitus. SIGN 170 is advertised on the [home page](#) of the SIGN website, with a link to the dedicated [landing page](#) where there is more information about the publication.

The toolkit can also be accessed directly via the Right Decision Service at:



[Optimising glycaemic control in people with type 1 diabetes \(SIGN 170\) | Right Decisions \(scot.nhs.uk\)](#)

Comment on a draft SIGN Guideline

The following articles highlight public consultations for Diabetes SIGN guidelines and this is your opportunity to be involved. We would encourage you to review and comment on these prior to publication.

SIGN Guideline: Diabetes in pregnancy

The SIGN plain language version of Diabetes in pregnancy guideline is now out for public consultation, link can be found at bottom of link: [Comment on a draft guideline \(sign.ac.uk\)](#).

The consultation runs until Wednesday 15th May 2024.

SIGN Guideline: Prevention and remission of type 2 diabetes

The SIGN guideline for prevention and remission of type 2 diabetes is now out for public consultation, link can be found here: [Comment on a draft guideline \(sign.ac.uk\)](#).

This is a brand new guideline for Scotland that brings together both prevention and remission of type 2 in one place.

The consultation runs until Sunday 19th May 2024.

My Diabetes and Me – Research Study

NHS Lothian and the Diabetes Managed Clinical Network (MCN) are delighted to be supporting the My Diabetes and Me, a major NIHR funded, multi-centre RCT with a study aim of - To determine whether DESMOND-ID improves outcomes and is cost-effective compared to treatment as usual for adults with intellectual disability and type 2 diabetes.



It is well evidenced that people with intellectual disabilities are routinely excluded from research studies, are 2-3 times more likely to develop type 2 diabetes than the general population, and are routinely not offered diabetes education programmes. Consequently people with intellectual disabilities experience poorer outcomes including delayed diagnosis, poor management of symptoms, more severe complications and unnecessary hospitalisations. As such My Diabetes and Me offers a welcome and significant improvement opportunity.



The study is based on testing an adapted version of DESMOND called DESMOND-ID, delivered in groups of up to eight participants, within local community settings, by trained and skilled practitioners over seven two-hour sessions, followed by two booster sessions. Baseline metabolic and psychometric data will be collected, with follow up at six, and twelve month periods. At each data collection point participants will receive a £10 voucher, and transport to the groups will be funded by the study.

The study aims to recruit 72 participants who have a mild to moderate intellectual disability, are over 18 years of age, can engage in group education work, and of course have type 2 diabetes. A multi-prong approach has been taken to develop awareness of the study across health and social care services, third sector providers, and family carer networks. Recruitment started in February, with DESMOND-ID programme being delivered through the spring and early summer period with the study closing early summer 2025.

We have high motivated team drawn from the Edinburgh Clinical Research Facility, Intellectual Disability Nurse and Dietetic Teams supporting the study, and very much looking forward to getting started.

Any queries then please do get in touch with Scott Taylor, Nurse Consultant:

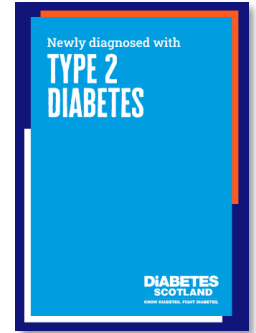
 scott.taylor@nhs.scot

Further information on Newly diagnosed with Type 2 Diabetes Workbook pilot

The Diabetes MCN have provided practices with an introductory bundle targeting those newly diagnosed with Type 2 diabetes. In the last issue of the newsletter we provided information on the Diabetes Scotland Workbook Pilot and the New 'Help with your Type 2 Diabetes' Leaflet.

You can download an electronic copy of the workbook [here](#).

We would like to provide further information on the following:



Diabetes Scotland Workbook Evaluation

In order for us to evaluate if the Diabetes Scotland 'Newly diagnosed with Type 2 Diabetes' workbook is the right resource for our staff and patients in Lothian, we require feedback.

If you are a healthcare professional that has given this resource to a patient, please provide your feedback on the following link: [Healthcare Professional Feedback](#)

If you are a patient who has received and is working through this resource, please provide your feedback on the following link: [Patient Feedback](#)

The pilot duration will be around one year and the Diabetes MCN will review evaluation data in early 2025 and will share the outcomes with you.

Ordering More Workbooks

There are additional workbooks available in the NHS Lothian Resource Centre.

The number of workbooks that can be sent to you is capped per practice. Please email loth.resourcecentre@nhs.scot to enquire about the additional supply.

Alternative Language Translation of the 'Help with your Type 2 Diabetes' Leaflet — Now Available

The 'Help with your Type 2 Diabetes' patient information leaflet is **now available in alternative languages**: Arabic, Urdu, Hindi, Mandarin, Polish.

Printed versions will be available to order from the Resource Centre very shortly by emailing: loth.resourcecentre@nhs.scot.

Patients can access an online English version with all the information contained within the leaflet at this website:

<https://services.nhsllothian.scot/diabetesservice/help-with-your-type-2-diabetes/>.



Launch of DigiBete App - supporting children and Young adults with Type 1 and Type 2 Diabetes

The DigiBete contract has been extended by 2 years. All paediatric and young adult services will be able to benefit from this excellent resource. Over the next 2 years the DHI and SDG hope to be able to demonstrate uptake not only across paediatric clinics but also young adults clinics.



[Click here to view the full update on the rollout of DigiBete.](#)



Spotlight on Mental Wellbeing



In each newsletter we focus on some resources that might be helpful in addressing the Pillars of Health. We have previously featured Physical Activity, Nutrition and Sleep and this time turn to the importance of Mental wellbeing.

Promoting good mental health, and identifying stress and distress is vital for overall care. We could write a book but here are some useful places to start.

Diabetes and Emotional Health

Diabetes UK has a wealth of information and resources available.



A practical guide for healthcare professionals supporting adults with Type 1 and Type 2 diabetes covers communication and engagement, diabetes distress, fear of hypos, psychological barriers to insulin use and depression and anxiety.



[Click here for more information or to download the resource](#)

Information Prescription: My emotions and diabetes is personalised information sheet that is easy to read, has clear images and has individual goals.



[Click here to find out more or start using the information prescriptions with your patients](#)

NHS Lothian RefHelp has lots of information on Computerised Cognitive Behavioural Therapy (cCBT).

CBT for long term conditions is available on SilverCloud for Type 1 and Type 2 Diabetes



[Click here for the SilverCloud Patient Information Sheet](#)



[Click here for RefHelp information on cCBT for Long Term Conditions](#)



And if you can't find what you're after don't forget these:

Lothian Wellbeing is a great general resource to share.



[Click here to access Lothian Wellbeing online resources and guidance](#)

iThrive Edinburgh is a support directory where you can find out what support is available for adults living and/or working in Edinburgh.



[Click here to find or signpost to support Edinburgh Wide](#)