

#### WELCOME

Welcome to **Issue 15** of the Diabetes MCN Newsletter.

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](mailto:natalie.martin@nhs.scot)

#### IN THIS ISSUE

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- Diabetes MCN Professional Education Conference Held on 19th June
- Diabetes Prevention Week 2024

##### CONTINUED PROFESSIONAL DEVELOPMENT

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- Lilly Webinar Education Sessions
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##### PATIENT RESOURCE UPDATE

- 'Know Your Numbers' Patient Information Leaflet
- Coding For Foot Screening

#### Diabetes MCN Professional Education Conference 19th June 2024

The 2024 Lothian Diabetes MCN Professional Education Conference was held on Wednesday 19th June and we are delighted to let you know the event was a big success with 107 delegates. The conference programme covered various topics in diabetes diagnosis, care and management and delegates had an opportunity to attend four workshops and a Q&A panel.

You can view some of the resources by visiting our website and entering **HCP2024** as the password:



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

The feedback we have received about the event and the speakers has been extremely positive with a sample of the comments detailed below:

“This is the conference I look forward to most and get the most out of. “

“Had a great day, lots of information to process and links to take away to enhance my practice. “

“Great well organised day! Ran like clockwork and was so interesting!”



##### From Left to Right:

Jill Little - Professional Education Lead  
Prof. Mark Strachan - Consultant (MCN Clinical Lead)  
Dr Susanah Scarlett– GP (MCN Clinical Lead)  
Natalie Martin - MCN Co-ordinator  
Alyson Cumming- Strategic Programme Manager  
Emma Campbell – MCN Secretary

## 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**



**4<sup>th</sup> 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.diabetesmcneducation@nhs.scot](mailto:loth.diabetesmcneducation@nhs.scot)

### Future Topics

**23<sup>rd</sup>  
Sep**

**Type 2 Diabetes and Gum Disease**

Dr Louise O'Dowd

Katherine Dunn

**28<sup>th</sup>  
Oct**

**Showcasing Quality Improvement in**

**Lothian - Part 3**

Catriona Kyle

**25<sup>th</sup>  
Nov**

**Gut microbiome and diabetes**

Dr Sheena Fraser



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](mailto: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
18 <sup>th</sup> Sept	1400-1600	Room 1&2, Leith Community Treatment Centre	19 <sup>th</sup> Sept	1400-1600	Sighthill Health Centre
26 <sup>th</sup> Nov	1100-1300	Boardroom, Admin Block, Astley Ainslie Hospital	27 <sup>th</sup> Nov	1100-1300	Boardroom, Admin Block, Astley Ainslie Hospital
30 <sup>th</sup> Jan	1400-1600	Lecture Theatre, Sighthill Health Centre	29 <sup>th</sup> Jan	1400-1600	Lecture Theatre, Sighthill Health Centre
Management of Diabetes for HCSWs			Diabetes Training for Registered Nurse		
Date	Time	Place	Date	Time	Place
3 <sup>rd</sup> Sept	1300-1500	Houston Room, Medical Education Centre, SJH	3 <sup>rd</sup> Sept	0930-1130	Paul Taylor Lecture Theatre, St John's Hospital
13 <sup>th</sup> Nov	0900-1100	Seminar Room 1, Medical Education Centre, WGH	15 <sup>th</sup> Jan	1300-1500	RIE
15 <sup>th</sup> Jan	0900-1100	RIE	18 <sup>th</sup> Feb	1400-1600	Seminar Room1, Med Education Centre, WGH



[Webinars – Diabetes Professional Education](#)  
[nhslothian.scot](mailto:nhslothian.scot)

## Professional Education Webinar Programme 2024/2025

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 2024 through to July 2025. 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 **12:30-13:30** and you may register for as many as you like.

**To register contact: [loth.diabetesmcneeducation@nhs.scot](mailto:loth.diabetesmcneeducation@nhs.scot)**

### Primary Care Insights into Continuous Glucose Monitoring (FreeStyle Libre 2 Plus).

This event will allow you to learn more about the FreeStyle Libre 2 glucose monitoring system, dedicated to supporting primary care healthcare professionals.



The event will take place on Teams and you can register by emailing: [emma.x.campbell@nhslothian.scot.nhs.uk](mailto:emma.x.campbell@nhslothian.scot.nhs.uk).

Please indicate which session you would prefer and the link will be sent to you nearer the time.

#### Date & Time:

3rd Sept 2024 12.30 – 13.00

4th Sept 2024 12.30 – 13.00

5th Sept 2024 12.30 – 13.00



#### Agenda

- 12:30 – Welcome and introductions - Jill Little, NHS Lothian Professional Education Lead
- 12.32 – Insights continuous glucose monitoring- Samina Ali Advanced Practice Pharmacist
  - Time in Range
  - Case studies
  - FAQs
- 12.45 – Closing- Fiona Hunter (Abbott territory manager)
- 12.50– 13.00 - Q&A

## Medication Shortages

Keep updated on the latest medication shortages by using the Primary Care and Community Pharmacy Shortages intranet page:



[Primary Care and Community Pharmacy Shortages \(scot.nhs.uk\)](http://scot.nhs.uk)



### SIGN Type 1 diabetes awareness and implementation survey



The SIGN team would like to understand levels of awareness of SIGN 170 Optimising glycaemic control in people with type 1 diabetes and how recommendations are being implemented.

They would like to hear from health and social care professionals, people with diabetes and their family and carers through a short survey which should take around 1 minutes to complete at:



<https://forms.office.com/e/fLJ248mg5H>

Responses will help SIGN to evaluate distribution and implementation for this toolkit and in future.

Please share this widely with your colleagues and your patients.



### **FREE\*** Awareness Raising for My Diabetes My Way in Your Area

We still offer to raise awareness of My Diabetes My Way in **four** ways - please email [mydiabetes.myway@nhs.scot](mailto:mydiabetes.myway@nhs.scot) with your requests:

1. Providing supplies of information leaflets, posters and business cards to practices and clinics – leaflets are now available for both records access and eLearning. We can send to multiple locations and there is currently no set limit for any requests.
2. Demonstrating system functionality at local patient and professional conferences and meetings
3. Practice mailout: We can generate lists of unregistered patients (from SCI-Diabetes) for each GP Practice. The practice will then be asked to review this list and remove any patients they feel would be inappropriate (e.g. in a care home, etc). We will then arrange to write out to the final list of patients on behalf of the practice, using the practice's headed paper and a standard letter, and will enclose a copy of the MDMW leaflet. We will complete the mail drop from our offices in Tayside, at no cost to the practice
4. Electronic mailout: Similar to the paper mailout, we are happy to work with practices to circulate information by email or text message. We are happy to discuss support for your administration team within the practice to identify and message people with diabetes electronically.

***Over 190 practices have now completed the practice mailout process, with many now achieving registration levels of over 30% of their diabetes caseload. Some have even gone through two rounds of mailouts over the last few years to maximise uptake.***

Please email [mydiabetes.myway@nhs.scot](mailto:mydiabetes.myway@nhs.scot) with any questions or further requirements.

## New Resources Available

As part of our commitment to improve outcomes with the 9 Processes of Diabetes Care we have produced an infographic for **foot coding** to complement the information already available on RefHelp.

The Diabetes Department in St John's Hospital have also developed a new **patient leaflet** 'Know Your Numbers' which is a guide to help patients understand Type 2 Diabetes test results including; blood sugar, weight, ACR, eGFR, blood pressure and cholesterol.

The resources can be downloaded at the links below:



[Using Data to Improve Diabetes Care – Diabetes Professional Education \(nhslothian.scot\)](https://nhs.uk/using-data-to-improve-diabetes-care)

### Coding for Diabetes foot screening

Left

Right

Low Risk	Moderate Risk	High Risk
<b>No risk factors present</b> At least one pedal pulse palpable AND normal sensation AND no structural abnormality in foot/callus.	<b>One risk factor present</b> Both pulses absent OR abnormal sensation OR structural abnormality in foot /callus.	<b>More than one risk factor</b> Both pulses absent AND/OR abnormal sensation AND/OR structural abnormality in foot/callus  Or in remission e.g. previous ulceration, amputation or Charcot.
Screen every 2 years	Screen annually One-off appt with podiatry	No screening - should be under NHS podiatry review

\*<https://apps.nhslothian.scot/refhelp/guidelines/diabetes/management-of-the-diabetic-foot>

Approved by Diabetes MCN 2024 Review 2027

## Know Your Numbers

This guide will help you understand your Type 2 Diabetes test results.

1 2 3 4 5 6 7 8

Lower numbers show your organs are working well.

Higher numbers show your organs may be at risk.

Find more information about diabetes using the QR code or <https://services.nhslothian.scot/diabetesservice/help-with-your-type-2-diabetes>  
Speak to us if you have any questions - it's always OK to ask.

SCAN ME

### Blood sugar

**HbA1c** - this shows how much sugar has been in your blood over a 2-3 month period.



The target is under 48 if you can safely achieve this.



[Know Your Numbers \(nhslothian.scot\)](https://nhs.uk/know-your-numbers)

## Diabetes Education Online Academy

Check out the latest patient-facing videos for people living with Type 2 Diabetes from Dr Kevin Fernando on YouTube and TikTok.

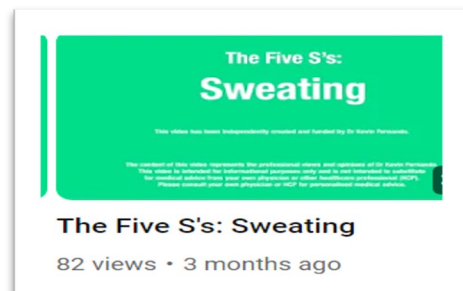
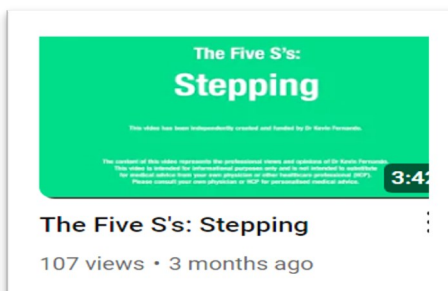
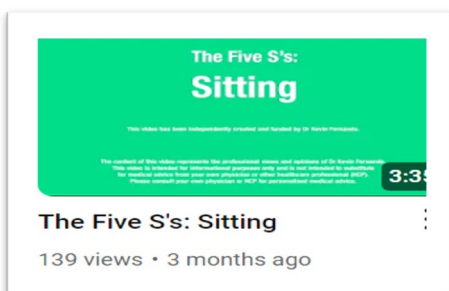
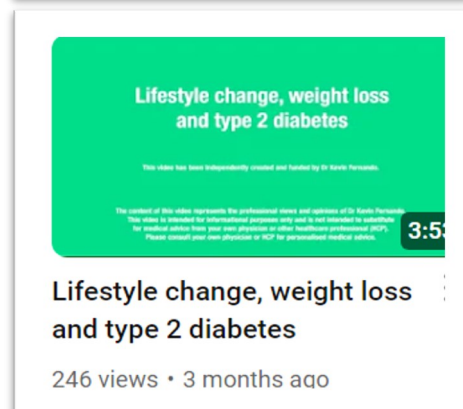
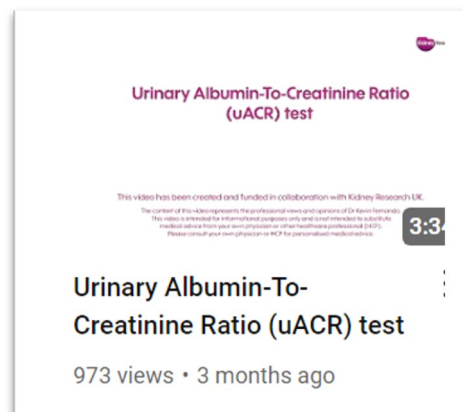
The latest videos from Dr Fernando, comprise of 1 video produced in conjunction with Kidney Research UK on the importance of Urinary Albumin:Creatinine Ratio (uACR) and videos drawing on the importance of 24-hour physical behaviours for people living with Type 2 Diabetes from the ADA/EASD consensus or 5 S's - Stepping, Sitting, Strengthening, Sweating & Sleep. There is also a video discussing Type 2 Diabetes and weight management.



<https://www.youtube.com/@DrKevinFernando>



<https://www.tiktok.com/@drkevinfernando>



## Diabetes Scotland — Alternative language resources



To reach and support more people, Diabetes Scotland have created new versions of their most popular videos in different languages:

- What is Diabetes?
- What is Type 1 Diabetes?
- What is Type 2 Diabetes?
- What is Type 2 Diabetes remission?

These are available in Urdu, Punjabi, Sylheti, and Gujarati.

You can find these and a host of other resources here:



[Diabetes information in different languages | Diabetes UK](#)

Diabetes Scotland Resources

# DiABETES SCOTLAND

KNOW DIABETES. FIGHT DIABETES.

Diabetes UK have created a poster to highlight the importance of Diabetes check ups. You can print these, along with any of the other Diabetes UK resources by clicking here:



[diabetes health checks - Diabetes UK Shop](#)

## Diabetes Scotland ‘Newly Diagnosed with Type 2 Diabetes Workbook Evaluation and Feedback Required



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:

<https://www.smartsurvey.co.uk/s/NDT2-Feedback/>

If you are a **patient** who has received and is working through this resource, please provide your feedback on the following link:

<https://app.onlinesurveys.jisc.ac.uk/s/nhslothiansurveys/newly-diagnosed-with-type2-diabetes-workbook-patient-evaluation>

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. Please email [loth.resourcecentre@nhs.scot](mailto:loth.resourcecentre@nhs.scot) to enquire about the additional supply.

You can download an electronic copy of the workbook here: [https://services.nhslothian.scot/diabetesservice/sdc\\_download/1200/?key=4h2cg9kvoveqqzox9fjm0fcpmvc2az](https://services.nhslothian.scot/diabetesservice/sdc_download/1200/?key=4h2cg9kvoveqqzox9fjm0fcpmvc2az)