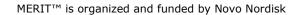
## **Intended learning outcomes**

MERIT™ Pre-insulin treatment options for the management of Type 2 Diabetes Learning Objectives of the MERIT™ Pre-Insulin treatment options for the management of Type 2 Diabetes (PITOM) Module:

To gain the theoretical knowledge of the management of Type 2 Diabetes in someone not treated with insulin, and to understand how to individualise this knowledge to the person living with diabetes.

After attending this event a delegate should be able to:		
Introduction	Understand the objectives of MERIT™	
Background to glycaemic control	<ul> <li>Understand the pathophysiology of Type 2 Diabetes</li> <li>Discuss the risk factors for, and complications of, Type 2 Diabetes</li> <li>Provide information to people with Type 2 Diabetes on the benefits of good blood glucose control and on appropriate glucose target levels</li> <li>Understand the barriers that prevent people with Type 2 Diabetes from reaching target levels</li> </ul>	
Management Guidelines for Type 2 diabetes	<ul> <li>Understand the principles of the NICE¹ guidelines and ADA/EASD² consensus report for the treatment of Type 2 Diabetes</li> <li>Understand how these principles are implemented in their local guidelines</li> <li>Understand the need to tailor targets and treatment to the individual person with Type 2 Diabetes</li> </ul>	
Lifestyle changes	<ul> <li>Understand that lifestyle changes are the first line and ongoing treatment for Type 2 Diabetes</li> <li>Provide lifestyle advice, including diet, exercise, alcohol, smoking, and recreational drugs</li> <li>Recognize that dietary advice for both the prevention and management of Type 2 Diabetes should converge, and should not be treated as different entities</li> <li>Understand how specific dietary approaches can support a reduction in diabetes medications and can even drive Type 2 Diabetes into remission</li> </ul>	
Carbohydrate workshop	<ul> <li>Be able to understand what carbohydrates are and how many are present in common foods</li> <li>Provide advice to people with Type 2 Diabetes on general diet composition and healthy food choices.</li> </ul>	

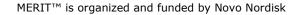


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## Diabetes and Recognize the importance of considering pregnancy and preconception in Primary Care. **Pregnancy** • Develop an awareness of how to safely prepare an individual for pregnancy. • Understand how to follow up an individual who has been diagnosed with Gestational diabetes in primary care Medication choices: • Understand how biguanides, sulfonylureas and thiazolidinedione therapies are used, and their contraindications, common side biguanides, sulfonylureas & effects and timing of doses. thiazolidinediones • Describe how the traditional treatment pathway can lead to polypharmacotherapy • Develop an awareness of the medications available that are not included within the NICE Guidance • Explain the action of SGLT-2<sup>3</sup> inhibitors to the person with Type 2 Diabetes • Identify suitable people with Type 2 Diabetes for SGLT-2 inhibitor **Medication choices:** therapy **SGLT-2** inhibitors Know about contraindications, common side effects including DKA<sup>4</sup> and timing of therapy • Evaluate the effectiveness of treatment, advising when to start/stop therapy **Medication choices:** • Understand the actions of DPP-4<sup>5</sup> inhibitor, GIP<sup>6</sup>/GLP-1RA's and **Incretin based** GLP-1 RA<sup>7</sup> and the incretin effect therapies • Identify suitable people with Type 2 Diabetes for DPP-4 inhibitor or GIP/GLP-1 RA and GLP-1 RA therapy • Know about contraindications, common side effects and timing of therapy • Evaluate the effectiveness of treatment, advising when to start/stop therapy Understand the current GIP/GLP-1 RA and GLP-1 RA devices Medication choices: **Administering** available. injectable therapies • Be able to advise on recommended injection sites and injection technique and disposal of sharps. Know the correct storage procedures for GIP/GLP-1 RA and GLP-1 receptor agonists **Medication choices:** • Understand the impact of clinical inertia on the individual and Clinical inertia and pill healthcare system burden • Recognize the burden of polypharmacy to the individual and healthcare system Managing illness and • Understand how illness affects blood glucose levels type 2 diabetes Develop an awareness of how to safely advise a person with



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	diabetes who is unwell.  Recognise when to seek further medical support
Diabetes and Frailty	<ul> <li>Understand how to define frailty and how it is classified</li> <li>Develop an awareness of the impact of frailty on diabetes management</li> </ul>
Driving and the DVLA	<ul> <li>Understand the responsibility for telling people with Type 2         Diabetes of when they need to inform the DVLA8 of their diabetes         treatment</li> <li>Explain what the medical requirements are for Group 1 or Group 2         licence, according to diabetes therapy.</li> <li>In particular, explain the requirements concerning hypoglycaemia         and driving, and offer advice on avoiding hypoglycaemia</li> <li>Explain the DVLA requirements for blood glucose monitoring</li> </ul>
Monitor and support	Appreciate the importance of regular treatment reviews and the need to plan and record care for people with Type 2 Diabetes.

- NICE, National Institute for Health and Care Excellence
   ADA/EASD American Diabetes Association, European Association for the study of Diabetes
   SGLT-2 Sodium Glucose Co Transporter 2
   DKA Diabetic Ketoacidosis
   DPP-4i Dipeptidyl Peptidase-4 inhibitor
   GIP Glucose-dependent insulinotropic polypeptide
   GLP-1RA Glucagon like Peptide 1 Receptor Agonist
   DVLA Driver and Vehicle Licensing Agency



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