

## 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:**

<b>Introduction</b>	<ul style="list-style-type: none"><li>• Understand the objectives of MERIT™</li></ul>
<b>Background to glycaemic control</b>	<ul style="list-style-type: none"><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>
<b>Management Guidelines for Type 2 diabetes</b>	<ul style="list-style-type: none"><li>• Understand the principles of the NICE<sup>1</sup> guidelines and ADA/EASD<sup>2</sup> 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>
<b>Lifestyle changes</b>	<ul style="list-style-type: none"><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>
<b>Carbohydrate workshop</b>	<ul style="list-style-type: none"><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>

<b>Diabetes and Pregnancy</b>	<ul style="list-style-type: none"> <li>• Recognize the importance of considering pregnancy and preconception in Primary Care.</li> <li>• Develop an awareness of how to safely prepare an individual for pregnancy.</li> <li>• Understand how to follow up an individual who has been diagnosed with Gestational diabetes in primary care</li> </ul>
<b>Medication choices: biguanides, sulfonylureas &amp; thiazolidinediones</b>	<ul style="list-style-type: none"> <li>• Understand how biguanides, sulfonylureas and thiazolidinedione therapies are used, and their contraindications, common side effects and timing of doses.</li> <li>• Describe how the traditional treatment pathway can lead to polypharmacotherapy</li> <li>• Develop an awareness of the medications available that are not included within the NICE Guidance</li> </ul>
<b>Medication choices: SGLT-2 inhibitors</b>	<ul style="list-style-type: none"> <li>• Explain the action of SGLT-2<sup>3</sup> inhibitors to the person with Type 2 Diabetes</li> <li>• Identify suitable people with Type 2 Diabetes for SGLT-2 inhibitor therapy</li> <li>• Know about contraindications, common side effects including DKA<sup>4</sup> and timing of therapy</li> <li>• Evaluate the effectiveness of treatment, advising when to start/stop therapy</li> </ul>
<b>Medication choices: Incretin based therapies</b>	<ul style="list-style-type: none"> <li>• Understand the actions of DPP-4<sup>5</sup> inhibitor, GIP<sup>6</sup>/GLP-1RA's and GLP-1 RA<sup>7</sup> and the incretin effect</li> <li>• Identify suitable people with Type 2 Diabetes for DPP-4 inhibitor or GIP/GLP-1 RA and GLP-1 RA therapy</li> <li>• Know about contraindications, common side effects and timing of therapy</li> <li>• Evaluate the effectiveness of treatment, advising when to start/stop therapy</li> </ul>
<b>Medication choices: Administering injectable therapies</b>	<ul style="list-style-type: none"> <li>• Understand the current GIP/GLP-1 RA and GLP-1 RA devices available.</li> <li>• Be able to advise on recommended injection sites and injection technique and disposal of sharps.</li> <li>• Know the correct storage procedures for GIP/GLP-1 RA and GLP-1 receptor agonists</li> </ul>
<b>Medication choices: Clinical inertia and pill burden</b>	<ul style="list-style-type: none"> <li>• Understand the impact of clinical inertia on the individual and healthcare system</li> <li>• Recognize the burden of polypharmacy to the individual and healthcare system</li> </ul>
<b>Managing illness and type 2 diabetes</b>	<ul style="list-style-type: none"> <li>• Understand how illness affects blood glucose levels</li> <li>• Develop an awareness of how to safely advise a person with</li> </ul>

	<p>diabetes who is unwell.</p> <ul style="list-style-type: none"> <li>• Recognise when to seek further medical support</li> </ul>
<b>Diabetes and Frailty</b>	<ul style="list-style-type: none"> <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>
<b>Driving and the DVLA</b>	<ul style="list-style-type: none"> <li>• Understand the responsibility for telling people with Type 2 Diabetes of when they need to inform the DVLA<sup>8</sup> 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>
<b>Monitor and support</b>	<ul style="list-style-type: none"> <li>• Appreciate the importance of regular treatment reviews and the need to plan and record care for people with Type 2 Diabetes.</li> </ul>

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