

**MERIT™ Helping people with Type 2 Diabetes to continue insulin therapy**

**Thursday 11th May 2017**

**Mecure Fairfield Manor Hotel, Shipton Road, York. YO30 1XW**

Kim Hamson- Diabetes Education Nurse Facilitator Novo Nordisk Ltd

Tara Kadis - Lead Diabetes Specialist Nurse. York Hospital

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| **09.00**  15 Minutes | **Welcome, registration and coffee** | Welcome and housekeeping | | Kim Hamson |
| **09.15**  15 Minutes | **Section 1**  Introduction to MERIT™ | Aims and objectives for the day  What is the MERIT™ programme | | Kim Hamson |
| **09.30**  45 Minutes | **Section 2**  Background to insulin therapy | Goals of insulin therapy  Why is it important to control blood glucose?  Why is insulin treatment needed? | | Kim Hamson |
| **10.15**  15 Minutes | **Coffee** |  | |  |
| **10.30**  45 Minutes | **Section2**  Background to insulin therapy | How is insulin used to control glucose?  Workshop: insulin profiles/types regimens | | All |
| **11.15**  45 Minutes | **Section 3**  Supporting the patient during the early stages of insulin therapy | Support needs  What your patient should already know  (workshop/flipchart) | | Tara Kadis |
| **12.00**  45 Minutes | **Section 3**  Supporting the patient during the early stages of insulin therapy | Injection sites and techniques  Insulin practicalities  Driving | | Tara Kadis |
| **12.45**  45 Minutes | **Lunch** |  |  | |
| **13.30**  30 Minutes | **Section 3**  Supporting the patient during the early stages of insulin therapy | Blood glucose monitoring  The effects of illness on insulin  Setting targets | Tara Kadis | |
| **14.00**  45 Minutes | **Section 3**  Supporting the patient during the early stages of insulin therapy | Hypoglycaemia  Workshop hypo management  Hypo driving and the DVLA | Kim Hamson | |
| **14.45**  30 Minutes | **Section 3**  Supporting the patient during the early stages of insulin therapy | Insulin and diet  Insulin and exercise  Insulin and illegal drugs | Kim Hamson | |
| **15.15**  15 Minutes | **Section 3**  Supporting the patient during the early stages of insulin therapy | Ongoing support  Altering the insulin regimen  Going on holiday  Potential psychological problems  Recording progress | All | |
| **15.30**  60 Minutes | **Case studies** | Case studies | All | |
| **16.30**  30 Minutes | **Section 4**  Review and evaluation | Summary, competency assessment, post course mentoring, evaluations and close | Kim Hamson | |
| **17.00** | **Close** |  |  | |