

**Diabetes Education York: Programme**

Therapy Optimisation in Type 2 Diabetes – Part 1

*(We recommend that you attend this before Part 2 or 3 unless you have a diploma in diabetes or absolute confidence in the latest algorithm)*

Learning objectives with relevance to primary care; you will:

* Reflect on how to assess diabetes control and prioritise risk factors for the individual
* Understand the purpose of the education/weight & exercise support/medications available
* Be aware of the local Type 2 diabetes guidelines, how to access and use them
* Having reviewed the content of the medication algorithm, understand more about the rationale behind the recommendations, especially in regard to safety
* Understand how to use this information to formulate a plan with the person with diabetes

Diabetes Management & GLP-1 Initiation - Part 2

Learning objectives with relevance to primary care; you will:

* Be able to review glucose control in presumed type 2 diabetes and assess when to refer
* Understand the place of GLP-1 therapy in diabetes care, recognising who is suitable and who is not
* Be able to discuss side effects and patient advice requirements, including safety issues
* Know how to demonstrate the practical aspects when starting GLP-1 therapy
* Recognise when to stop therapy if ineffective, and next steps

Insulin Management – Part 3

Learning objectives with relevance to primary care; you will:

* Appreciate the place of insulin therapy in diabetes care
* Be able to review glucose control in diabetes and assess when to refer
* Be aware of different insulin types and who these might be appropriate for
* Be able to discuss hypoglycaemia, patient advice requirements, including safety for driving
* Know how to demonstrate the practical aspects when starting insulin therapy
* Understand how to review insulin therapy including assessment of injection sites.