

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

**Friday 27th October 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 dayWhat is the MERIT™ programme | Kim Hamson |
| **09.30**45 Minutes | **Section 2**Background to insulin therapy | Goals of insulin therapyWhy 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 needsWhat 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 techniquesInsulin practicalitiesDriving | 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 monitoringThe effects of illness on insulinSetting targets | Tara Kadis |
| **14.00**45 Minutes | **Section 3**Supporting the patient during the early stages of insulin therapy | HypoglycaemiaWorkshop hypo managementHypo driving and the DVLA | Kim Hamson |
| **14.45**30 Minutes | **Section 3**Supporting the patient during the early stages of insulin therapy | Insulin and dietInsulin and exerciseInsulin and illegal drugs | Kim Hamson |
| **15.15**15 Minutes | **Section 3**Supporting the patient during the early stages of insulin therapy | Ongoing supportAltering the insulin regimenGoing on holidayPotential psychological problemsRecording 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** |  |  |