

Diabetes

Dr Ian Lewin, Consultant physician at NDDH gave a talk on diabetes and challenged the thinking on new drugs and insulins and explained the benefits of identifying patients early and treating them appropriately at their stage of disease progression. Jayne Farrington, Diabetic nurse specialist at Litchdon, gave us a quick presentation on the pen devices available and stressed the need to allow patients to choose the device that fits their dexterity and lifestyle. Jayne, Vanessa and Po (also Diabetic nurse specialists, based at NDDH) then facilitated a hands-on session and explained how each device works, its benefits and disadvantages.

The LPC are involved in devising a Diabetes MUR toolkit, and the group were challenged to identify what they would find useful to maximise the benefits to patients during a medicine use review and suggestions if LES :

- Simply structured questions to ask patient during an MUR (doses, use of, side effects)
 - e.g. how many times do you use your needles before changing them?
 - How many units of insulin do you use a day? Add it to Rx to allow correct quantities to be ordered.
 - How many vials do you have as back up at home? (Recommended 2 or 3. Prevent hording)
 - What do you do if you get a hypo?
 - Do you have a spare pen (esp. if disposable)
- The patient leaflet on diabetic test strips (used in past public health campaigns for NHSDevon).
- Check when oral hypoglycaemic drugs are taken in relation to meals
- Signs and symptoms of hypo
- Information on results of lifestyle intervention
 - e.g. If you do x amount of walking y times a week you will achieve
- Signposting information on handouts (addresses, telephone numbers as well as website)
 - e.g. Diabetes UK
 - DESMOND
 - Local Diabetic Nurses (ref back to GP if not already with diabetic team)
 - Local support network/self help groups
 - Opticians, Podiatrist
- Questionnaire in style of EHC LES – Q's and notes to help with actions required
 - e.g. When did you get your eyes tested? When did you last see a podiatrist/chiroprapist?
 - Who is your diabetic nurse contact? When did you last have a review?
 - How often do you test your blood? What do you do with the results. What number are you looking for (change of units now)?
- DESMOND sign-posting forms (will need to take height, weight and tummy circumference etc.)
- Info on appropriate blood glucose testing. Insulin user/oral agents & risk of hypo/use of results
- Knowledge on self-care.
- Info on disease progression and prevention advice
- Diabetes UK tape measures/charts
- NHS Devon healthy eating leaflets (plate with portion sizes info)
- How to identify early symptoms for early detection, what to look out for.
- Ready reckoner for insulin (how many days will a vial last) to help challenge hording or under use
- Hypo treatment advice in line with local protocols
- Injection site info
- Questions to ask your GP
- Storage of insulin (and travel arrangements)
- Shelf life of insulin (esp. if on small dose – pen may last more than 28 days) – ready reckoner
- Hot line for professionals to contact Diabetes team
- Check list to identify undiagnosed diabetics

North Devon Pharmacy Forum 10/2/11



Some useful websites:

www.diabetes.org.uk

www.diabetes.org.uk/riskscore - check out your own risk of getting diabetes. I've requested this test in a format we can all use in our pharmacies and will post out as soon as I receive it.

<http://www.desmond-project.org.uk/>

Additional information attached:

Regional Diabetes Summit
Primary Care Pathway for Diabetes
10 Cities diabetes report

NHS Devon Prescribing Team

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Current Hot Topics for the prescribing team:

- Prednisolone 5mg EC switch to plain (saving >£15k/month)
- Sumatriptan as first line triptan, plus generic prescribing
- Pregabalin dose optimisation – flat price per capsule of £1.15
- Transdermal fentanyl and buprenorphine. Appropriate brands, doses and Rx quantities
- Glaucoma eye drops, one bottle per month!

Thanks to the Pharmacist who recommended a unit dosed hypromellose preservative free preparation to the GP. Better value and licensed product.

Care with specials – endorse accurately but suggest licensed alternatives if appropriate.

Keep up to date with what's shared with the GPs by reading the Devon Prescribing Post.

<https://nww.devonpctinfo.nhs.uk/prescribingpost/>

We ran out of time to listen to Carol speak about QIPP and North Devon's Locality plans but will include this at next forum meeting.

Next Forum Meetings:

Thursday 19th May 2011

- Sexual Health, Dr Z Reynolds
- Controlled Drugs update from the PCT Accountable Officer
- Carol Albury, QIPP and locality update

Thursday 22nd September 2011

Tuesday 31st January 2012

Thanks for coming!