About programme updates
The Centre for Pharmacy Postgraduate Education (CPPE) has a quality assurance process called programme guardians. A programme guardian is a recognised expert in an area relevant to the content of a learning programme who reviews the programme every six to eight months. Following the regular programme guardian review we have developed this update to inform you of any necessary corrections, additions, deletions or further supporting materials. We recommend that you check you have the most recent update if you are using a programme more than six months after its initial publication date.

This update has been prepared by Sally James and should be read in conjunction with the Type 2 diabetes focal point programme. We have indicated the relevant section and page number of the original document wherever we provide updated information.

A note about web links
Where we think it will be helpful we have provided web links to take you directly to an article or specific part of a website. However, we are aware that web links can change. If you have difficulty accessing any web links we provide, please go to the organisation’s home page or your preferred internet search engine and use appropriate key words to search for the relevant item.

All web links were accessed on 28 June 2019.

Access to the BNF online
You can access the BNF online through Medicines Complete. If you are not already registered, you will need to do so. UK-based individuals working for or on behalf of the NHS can register for free and access the BNF and BNF for children. To register, go to: https://about.medicinescomplete.com

Assessment
As part of your learning for this programme, you may wish to undertake the associated e-assessment. To access the assessment, go to: www.cppe.ac.uk/assessment

Book 1

Learning with CPPE
Continuing professional development (page 4 – amendment)
You can now record your CPD online by visiting: www.mygphc.org/signin

Useful resources
Clinical knowledge and therapeutics support (page 10 – addition)
Add the following publications to the list of useful NICE resources:
Ertugliflozin as monotherapy or with metformin for treating type 2 diabetes (TA572) technology appraisal.
www.nice.org.uk/guidance/ta572
Type 2 diabetes mellitus: medicines optimization priorities (KTT12) key therapeutic topic.
www.nice.org.uk/advice/ktt12
General skills for effective patient support (page 11 – additional text)
You may find the CPPE Learning disabilities distance learning programme helpful to support people with type 2 diabetes who also have a learning disability. You can access the programme on the CPPE website: www.cppe.ac.uk/programmes/l/learndislc-d-01 and there is a range of other useful resources in the Learning disabilities hub: www.cppe.ac.uk/services/ldhub

The NHS England guide Language Matters: Language and diabetes provides practical examples of language that will encourage positive interactions with people living with diabetes and subsequently positive outcomes. You can access the guide on the NHS England website: www.england.nhs.uk/publication/language-matters-language-and-diabetes

Moving into focus (page 14 – amendment)
In Question 4, the reduction in HbA1c is stated to be 1.2 percent, which equates to a reduction of 10 mmol/mol.

Learning (page 16 – amendment)
The number of people with diabetes in the UK has now risen to almost 3.7 million.¹

1. Patient education and lifestyle (page 16 – addition)

Information about the DESMOND programme can now be found at www.desmond-project.org.uk/about

Section 3 Individualised care
Talking point A (page 21 – amendment)
You can now access the Diabetes UK video What is diabetes? at: www.diabetes.org.uk/diabetes-the-basics

Section 3.1 Safety (page 22 – amendments)
SGLT-2 inhibitors can be used as monotherapy in certain circumstances, such as when metformin is contraindicated or not tolerated.


Section 3.3 Personal preference (page 24 – amendment)
It is expected that the GLP-1 mimetic semaglutide, which is currently available as an injection, will be marketed as an oral preparation in 2019. This could have a significant impact on choice of oral hypoglycaemic agent, particularly when considering patient preference.

Section 3.7 Licensed combinations (page 27 – amendment)
Linagliptin is now licensed to be used as monotherapy or in combination. However, this reflects the rapidly changing nature of licensing, particularly with emerging safety data for new therapies and combinations. It is recommended that you check summaries of product characteristics (SPCs, www.medicines.org.uk) and the NICE guideline (www.nice.org.uk/guidance/ng28) regularly for details of recommended combinations.

References
(page 34 – amendment)

Book 2

Suggested answers
Case 1 – Jeff (page 35 – amendment)
Metformin with an SGLT-2 inhibitor is now one of the possible options for first intensification. This means that Jeff’s options at this stage are now:

- metformin and a DPP-4 inhibitor
- metformin and pioglitazone
- metformin and a sulfonylurea
- metformin and an SGLT-2 inhibitor.

Case 2 – Hema (page 43 – amendment)
Monotherapy with an SGLT-2 inhibitor is now an option for people with type 2 diabetes who are intolerant of metformin. If HbA1c rises to 48 mmol/mol (6.5 percent) on lifestyle interventions, the options are:

- a DPP-4 inhibitor, pioglitazone or a sulfonylurea
- an SGLT-2 inhibitor instead of a DPP-4 inhibitor if a sulfonylurea or pioglitazone is not appropriate.

Clinical vignette 2 (additional text – page 49)
The information given in the scenario reflects what Rahul has said when he comes to see you, rather than implying that structured education is compulsory. It is recommended because it has been shown to have benefits, but it remains the patient’s choice about whether they take up the offer.
It may also be relevant to ask Rahul whether he was offered the opportunity to attend the National Diabetes Prevention Programme (www.england.nhs.uk/diabetes/diabetes-prevention/) which began in 2016 and is undergoing nationwide roll out by 2020.

References
(page 52 – amendment)

References for this update

Feedback
We hope you find this learning programme useful for your practice. Please help us to assess its value and effectiveness by visiting your learning record in the My CPPE section on our website: www.cppe.ac.uk/mycppe/record

Alternatively, please email us at: feedback@cppe.ac.uk

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