Intended learning outcomes

MERIT™ Pre-insulin treatment options for the management of Type 2 Diabetes

Learning Objectives of the MERIT™ Pre-Insulin treatment options for the management of Type 2 Diabetes (PITOM) Module:

- To gain the theoretical knowledge of the management of Type 2 Diabetes in someone not treated with insulin, and to understand how to individualise this knowledge to the person living with diabetes.

After attending this event a delegate should be able to:	
Introduction	• Understand the objectives of MERIT™
Background to glycaemic control	• Understand the pathophysiology of Type 2 Diabetes • Discuss the risk factors for, and complications of, Type 2 Diabetes • Provide information to people with Type 2 Diabetes on the benefits of good blood glucose control and on appropriate glucose target levels • Understand the barriers that prevent people with Type 2 Diabetes from reaching target levels
Management Guidelines for Type 2 diabetes	• Understand the principles of the NICE[1] guidelines and ADA/EASD[2] consensus report for the treatment of Type 2 Diabetes • Understand how these principles are implemented in their local guidelines • Understand the need to tailor targets and treatment to the individual person with Type 2 Diabetes
Lifestyle changes	• Understand that lifestyle changes are the first line and ongoing treatment for Type 2 Diabetes • Provide lifestyle advice, including diet, exercise, alcohol, smoking, and recreational drugs • Recognize that dietary advice for both the prevention and management of Type 2 Diabetes should converge, and should not be treated as different entities • Understand how specific dietary approaches can support a reduction in diabetes medications and can even drive Type 2 Diabetes into remission

RCN Accredited until 22 June 2026
Accreditation applies only to the educational content and not to any product
RCN cannot confirm competence of any practitioner

UK25ME00013
Date of Preparation: July 2025

Carbohydrate workshop	• Be able to understand what carbohydrates are and how many are present in common foods • Provide advice to people with Type 2 Diabetes on general diet composition and healthy food choices
Diabetes and Pregnancy	• Recognize the importance of considering pregnancy and preconception in Primary Care. • Develop an awareness of how to safely prepare an individual for pregnancy. • Understand how to follow up an individual who has been diagnosed with Gestational diabetes in primary care
Medication choices: biguanides, sulfonylureas & thiazolidinediones	• Understand how biguanides, sulfonylureas and thiazolidinedione therapies are used, and their contraindications, common side effects and timing of doses. • Describe how the traditional treatment pathway can lead to polypharmacotherapy • Develop an awareness of the medications available that are not included within the NICE Guidance
Medication choices: SGLT-2 inhibitors	• Explain the action of SGLT-2[3] inhibitors to the person with Type 2 Diabetes • Identify suitable people with Type 2 Diabetes for SGLT-2 inhibitor therapy • Know about contraindications, common side effects including DKA[4] and timing of therapy • Evaluate the effectiveness of treatment, advising when to start/stop therapy
Medication choices: Incretin based therapies	• Understand the actions of DPP-4[5] inhibitor, GIP[6]/GLP-1RA's and GLP-1 RA[7] and the incretin effect • Identify suitable people with Type 2 Diabetes for DPP-4 inhibitor or GIP/GLP-1 RA and GLP-1 RA therapy • Know about contraindications, common side effects and timing of therapy • Evaluate the effectiveness of treatment, advising when to start/stop therapy
Medication choices: Administering injectable therapies	• Understand the current GIP/GLP-1 RA and GLP-1 RA devices available. • Be able to advise on recommended injection sites and injection technique and disposal of sharps. • Know the correct storage procedures for GIP/GLP-1 RA and GLP-1 receptor agonists

RCN Accredited until 22 June 2026
Accreditation applies only to the educational content and not to any product
RCN cannot confirm competence of any practitioner

UK25ME00013
Date of Preparation: July 2025

Medication choices: Clinical inertia and pill burden	• Understand the impact of clinical inertia on the individual and healthcare system • Recognize the burden of polypharmacy to the individual and healthcare system
Managing illness and type 2 diabetes	• Understand how illness affects blood glucose levels • Develop an awareness of how to safely advise a person with diabetes who is unwell • Recognise when to seek further medical support
Diabetes and Frailty	• Understand how to define frailty and how it is classified • Develop an awareness of the impact of frailty on diabetes management
Driving and the DVLA	• Understand the responsibility for telling people with Type 2 Diabetes of when they need to inform the DVLA[8] of their diabetes treatment • Explain what the medical requirements are for Group 1 or Group 2 licence, according to diabetes therapy. • In particular, explain the requirements concerning hypoglycaemia and driving, and offer advice on avoiding hypoglycaemia • Explain the DVLA requirements for blood glucose monitoring
Monitor and support	• Appreciate the importance of regular treatment reviews and the need to plan and record care for people with Type 2 Diabetes

1. NICE, National Institute for Health and Care Excellence
2. ADA/EASD American Diabetes Association, European Association for the study of Diabetes
3. SGLT-2 Sodium Glucose Co Transporter 2
4. DKA Diabetic Ketoacidosis
5. DPP-4i Dipeptidyl Peptidase-4 inhibitor
6. GIP Glucose-dependent insulinotropic polypeptide
7. GLP-1RA Glucagon like Peptide 1 Receptor Agonist
8. DVLA Driver and Vehicle Licensing Agency

RCN Accredited until 22 June 2026
Accreditation applies only to the educational content and not to any product
RCN cannot confirm competence of any practitioner

UK25ME00013
Date of Preparation: July 2025