

MERIT™ is a non-promotional educational programme aimed at UK Health care Professionals and other relevant decision makers

Intended learning outcomes

MERIT™ Insulin management for people with Type 2 Diabetes

To gain the theoretical knowledge of the management of Type 2 Diabetes in someone 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	<ul style="list-style-type: none"> Understand the objectives of MERIT™
How does insulin work?	<ul style="list-style-type: none"> Explain how insulin works
Why is insulin treatment needed?	<ul style="list-style-type: none"> Understand why insulin may be needed as a therapy option in Type 2 Diabetes
Management guidelines for Type 2 Diabetes	<ul style="list-style-type: none"> Understand the principles of the NICE¹ guidelines and ADA/EASD² 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
Types of insulin regimens	<ul style="list-style-type: none"> Explain which types of insulin and insulin regimens are available for people with Type 2 Diabetes Describe the benefits and limitations of each type of insulin regimen Understand the significance of high strength insulins
Insulin and lifestyle in Type 2 Diabetes	<ul style="list-style-type: none"> To develop an understanding of how insulin can contribute to weight gain and strategies to manage this. To explore the impact of carbohydrates on glucose control and insulin doses. To appreciate the importance of taking a diet history as part of a holistic insulin review.
Insulin and physical activity in Type 2 Diabetes	<ul style="list-style-type: none"> Work in partnership with the person with Type 2 Diabetes to set specific activity targets and understand the benefits. Explain how the insulin regimen or food intake may need altering when physical activity is planned
Insulin and lifestyle choices	<ul style="list-style-type: none"> Be able to discuss the effects of smoking alcohol and recreational drugs in relation to diabetes
Blood glucose monitoring	<ul style="list-style-type: none"> Explain the need for blood glucose monitoring including frequency of testing and DVLA³ regulations regarding driving and insulin therapy Explain what HbA1C⁴ is and how often it is measured Be able to support the individual in setting clinical targets for monitoring the control of their diabetes

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	<ul style="list-style-type: none"> • Agree with the individual appropriate timing and recording of blood glucose monitoring, according to their individual circumstances. • Discuss how someone with Type 2 Diabetes can interpret blood glucose results and use them to optimize their insulin therapy by taking the appropriate action • Develop an awareness of the different forms of glucose monitoring available
Injection sites and techniques	<ul style="list-style-type: none"> • Be able to fully demonstrate the correct injection technique and appropriate injection sites including the importance of rotation of injection sites and use of correct size needles • Identify areas of lipohypertrophy by examination of injection sites and advise on how to manage them • Propose solutions to common injection site problems • Provide practical information on insulin storage and disposal of sharps
The clinical review	<ul style="list-style-type: none"> • To understand why and when treatment should be reviewed • To have an understanding of the importance of language within a review
Dose adjustment	<ul style="list-style-type: none"> • Understand when a change in insulin regimen is required • Recommend and safely implement a change in dose based on individual needs and blood glucose results
Hypoglycaemia	<ul style="list-style-type: none"> • Provide information to people with Type 2 Diabetes about hypoglycaemia including, signs and symptoms, management and prevention • Be able to advise on nocturnal hypoglycaemia and how to recognise and manage the condition
Insulin practicalities	<ul style="list-style-type: none"> • Provide information to people about the DVLA regulations for insulin and driving • Know how to advise someone treated with insulin during periods of illness. • Be able to advise a person on how to manage insulin whilst travelling • Be aware of how to access out of hours support
	<ol style="list-style-type: none"> 1. NICE, National Institute for Health and Care Excellence 2. ADA/EASD, American Diabetes Association, European Association for the study of Diabetes 3. DVLA, Driver and Vehicle Licensing Agency 4. HbA1c, Glycated haemoglobin