

Diabetes				
Task / Activity	Self-Assessment / Date	Competency Assessed Y / N	Competency Achieved	Signed off by Clinical Assessor / Date
Tier 1				
Knowledge and Education <ul style="list-style-type: none"> • Demonstrate an understanding of the holistic approach to the care of a patient with Diabetes • Demonstrate understanding of basic pancreatic anatomy and physiology • Demonstrate understanding of metabolic physiology – How glucose and insulin are used by the body • Demonstrate an understanding of the pathophysiology of diabetes • Demonstrate an understanding of the management and prevention for those at risk of diabetes.²⁸⁹ • Demonstrate an understanding of the difference between type 1 and type 2 diabetes • Demonstrate understanding of diabetes diagnostic criteria²⁹⁰ • Demonstrates Knowledge of the local and national guidance for management of Diabetes²⁹¹ • Demonstrate an understanding of how to facilitate the screening of the following micro and macro vascular complications of diabetes : <ul style="list-style-type: none"> ○ Diabetic Nephropathy ○ Diabetic Retinopathy 				

²⁸⁹ <https://www.nice.org.uk/guidance/ph38>

²⁹⁰ <https://cks.nice.org.uk/topics/diabetes-type-2/diagnosis/diagnosis-in-adults/>

²⁹¹ <https://www.nice.org.uk/guidance/ng28>

<ul style="list-style-type: none"> ○ Diabetic Neuropathy²⁹² ○ Cardiovascular Disease ○ Erectile Dysfunction ○ Diabetic Leg and foot ulcers²⁹³ ○ Gastroparesis ○ Periodontitis ● Demonstrate understanding of biometrics needed for annual review in accordance with national and local policy²⁹⁴ ● Demonstrate understanding of what HbA1C is, how it is calculated and limitations for its use.²⁹⁵ ● Demonstrate and understanding of anti-hypertensive and statin medications, their actions and side effects²⁹⁶. ● Demonstrate an understanding of the signs, symptoms and management of Diabetic emergencies^{297 298} ● Demonstrate an understanding of frailty/frailty syndromes and how they may impact on a patient's diabetes and its management^{299 300} 				
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²⁹² <https://www.nice.org.uk/guidance/cg173>

²⁹³ <https://www.nice.org.uk/guidance/ng19>

²⁹⁴ <https://www.nice.org.uk/guidance/qs209/chapter/Quality-statement-6-9-key-care-processes>

²⁹⁵ <https://cks.nice.org.uk/topics/diabetes-type-2/diagnosis/diagnosis-in-adults/>

²⁹⁶ <https://bnf.nice.org.uk/treatment-summaries/dyslipidaemias/>

²⁹⁷²⁹⁷ [Diabetic hyperglycaemic emergencies | Treatment summaries | BNF | NICE](#)

²⁹⁸ [Hypoglycaemia | Treatment summaries | BNF | NICE](#)

²⁹⁹ <https://www.nice.org.uk/sharedlearning/tackling-the-overtreatment-of-type-2-diabetes-in-frail-older-people-through-individualising-care-in-east-sussex-a-pharmacist-led-project>

³⁰⁰ <https://www.england.nhs.uk/ourwork/clinical-policy/older-people/frailty/frailty-resources/>

<p>Patient Management</p> <ul style="list-style-type: none"> • At Diagnosis: <ul style="list-style-type: none"> ○ Be able to make onward referral to specialist services for patients diagnosed with Type 1 diabetes in line with local and national guidance.³⁰¹ ○ Be able to elicit patients understanding of diabetes and where needed provide information and support to ensure the patient has a full grasp of what diabetes is and how it is managed ○ Be able to explain to the patient that they will require an annual review, what this entails and the rationale³⁰² ○ Know how to refer the patients to diabetes education programme in line with local and National guidance ○ Provide the patient with health promotion advice around diet and lifestyle³⁰³ and make onward referrals as appropriate/available: <ul style="list-style-type: none"> ▪ Weight Management ▪ Health wellbeing coach ▪ Diabetes psychology ▪ Physical Activity on Prescription ▪ Diabetes dietitian ○ Know how to refer patients to retinal screening in line with local and National guidance ○ Inform the patient of their right to exemption from prescription charge.³⁰⁴ ○ Complete baseline set of care processes as set out in annual review. • At Review: 				
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³⁰¹ <https://www.nice.org.uk/guidance/ng17/chapter/Recommendations#diagnosis-and-early-care-plan>

³⁰² <https://www.nice.org.uk/guidance/qs209/chapter/Quality-statement-6-9-key-care-processes>

³⁰³ <https://www.nice.org.uk/guidance/ng28/chapter/recommendations#dietary-advice-and-bariatric-surgery>

³⁰⁴ <https://www.nhsbsa.nhs.uk/check-if-you-have-nhs-exemption/medical-exemption-certificates>

<ul style="list-style-type: none"> ○ Be able to assess for Cardiovascular risk and provide appropriate advice and onward referral for prevention interventions.³⁰⁵ ○ Be able to perform annual review checks including³⁰⁶: <ul style="list-style-type: none"> ▪ Obtaining blood samples for: <ul style="list-style-type: none"> • Hba1C • eGFR • Serum Creatinine • Serum Cholesterol ▪ Be able to take a sample of urine to send for Albumin/Creatinine Ratio (Urine ACR) ▪ Be able to perform blood pressure measurement ▪ Take measurements to enable calculation of BMI ▪ Smoking status ▪ Be able to perform a full foot risk assessment including:³⁰⁷ making onward referrals as appropriate. • Be able to provide advice and information on appropriate foot care. • Be able to provide smoking cessation advice where needed and signpost on to local stop smoking service • Be able to provide health promotion advice around diet and lifestyle that is tailored to the individual, taking account their ethnicity and their social, economic, cultural and family needs. ³⁰⁸ Refer on as necessary. • Be able to perform Capillary Blood Glucose (CBG) Monitoring when appropriate and be able to interpret results in line with local and national guidance.³⁰⁹ 				
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³⁰⁵ <https://bnf.nice.org.uk/treatment-summaries/cardiovascular-disease-risk-assessment-and-prevention/>

³⁰⁶ <https://www.nice.org.uk/guidance/qs209/chapter/quality-statement-6-9-key-care-processes#quality-statement-6-9-key-care-processes>

³⁰⁷ <https://www.nice.org.uk/guidance/ng19/chapter/recommendations#managing-the-risk-of-developing-a-diabetic-foot-problem>

³⁰⁸ <https://www.nice.org.uk/guidance/ng28/chapter/recommendations#dietary-advice-and-bariatric-surgery>

³⁰⁹ <https://www.nice.org.uk/guidance/ng28/chapter/Recommendations#blood-glucose-management>

<ul style="list-style-type: none">• Demonstrate an understanding of the need for ongoing CBG monitoring, taking safety, the impact on the patient and their lifestyle into account. Recognise the progressive nature of Type 2 diabetes and ensure follow up with appropriate clinician to discuss pharmacological management of diabetes, where needed³¹⁰.				
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³¹⁰ <https://www.nice.org.uk/guidance/ng28/resources/visual-summary-full-version-choosing-medicines-for-firstline-and-further-treatment-pdf-10956472093>