

Diabetes				
Task / Activity	Self-Assessment / Date	Competency Assessed Y / N	Competency Achieved	Signed off by Clinical Assessor / Date
<b>Tier 3</b>				
<p><b>Knowledge and Education</b></p> <ul style="list-style-type: none"> <li>• Demonstrate an understanding of pancreatic anatomy and physiology in relation to both endocrine and exocrine function</li> <li>• Demonstrate an understanding of the impact of pancreatic exocrine dysfunction on diabetes</li> <li>• Demonstrate an understanding of both oral and injectable anti-diabetic drugs<sup>319</sup>, the mode of action, side effects and indication for use<sup>320</sup></li> <li>• Demonstrate an understanding of the prevention and management of the complications of Diabetes and make appropriate referrals</li> </ul> <p><b>Patient Management</b></p> <ul style="list-style-type: none"> <li>• Be able to discuss with patients the medications used in the management of diabetes, their specific side effects and provide robust safety netting advice<sup>321</sup> in line with local and National guidance.</li> <li>• Be able to have a shared decision-making discussion about: medication choices and HbA1C, cholesterol and BP targets<sup>322</sup> in line with local and national guidance.</li> </ul>				

<sup>319</sup> <https://bnf.nice.org.uk/treatment-summaries/type-2-diabetes/#antidiabetic-drugs>

<sup>320</sup> <https://www.nice.org.uk/guidance/ng28/resources/visual-summary-full-version-choosing-medicines-for-firstline-and-further-treatment-pdf-10956472093>

<sup>321</sup> <https://bnf.nice.org.uk/treatment-summaries/type-2-diabetes/#antidiabetic-drugs>

<sup>322</sup> <https://www.nice.org.uk/guidance/ng28/resources/patient-decision-aid-pdf-2187281198>

<ul style="list-style-type: none"> <li>• Be able to discuss recommendations for treatment initiation and up titration with prescribing clinician and provide rationale in accordance with local and National guidance<sup>323</sup></li> <li>• Be able to recognise when there is a need for insulin initiation and refer on as appropriate in line with local and national guidance<sup>324</sup></li> <li>• Be able to recognise when there is a need for continuous capillary blood glucose monitoring in line with local and national guidance<sup>325</sup></li> <li>• Be able to assess patient for signs of lipohypertrophy at injection sites and educate patient on how to monitor and avoid by identifying appropriate injection sites and advising on rotation of sites<sup>326</sup> in line with local and National guidance.</li> <li>• Be able to check and educate on correct insulin injection technique<sup>327</sup> in line with local and National guidance.</li> <li>• Be able to recognise the need for insulin dose titration and make recommendations to a suitable prescribing clinician, giving appropriate advice and safety netting to the patient in line with local and National guidance.</li> <li>• Demonstrate awareness of polypharmacy and drug interactions.</li> <li>• Provide advice for diabetic patients during special circumstances for example: <ul style="list-style-type: none"> <li>○ When fasting during Ramadan</li> <li>○ When travelling</li> <li>○ When crossing time zones</li> </ul> </li> </ul>				
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<sup>323</sup> <https://www.nice.org.uk/guidance/ng28/resources/visual-summary-full-version-choosing-medicines-for-firstline-and-further-treatment-pdf-10956472093>

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<sup>325</sup> <https://www.nice.org.uk/guidance/ng28/chapter/recommendations#blood-glucose-management>

<sup>326</sup> <https://bnf.nice.org.uk/treatment-summaries/insulin/>

<sup>327</sup> <https://cks.nice.org.uk/topics/insulin-therapy-in-type-2-diabetes/management/insulin-therapy-type-2-diabetes/#injection-technique>

<ul style="list-style-type: none"> <li>• Be able to provide advice to patients regarding Sick Day Rules <sup>328329</sup> in line with local and national guidance.</li> <li>• Be able to identify appropriate follow up arrangements and agree with the patient, in line with local and national guidance.</li> <li>• Be able to recognise when patient complexity exceeds competence and refer on to specialist service</li> <li>• Ensure appropriate educational resources are available for patients and staff in line with local and national guidance.</li> </ul>				
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<sup>328</sup> <https://www.england.nhs.uk/london/wp-content/uploads/sites/8/2020/04/3.-Covid-19-Type-2-Sick-Day-Rules-Crib-Sheet-06042020.pdf>

<sup>329</sup> <https://ihub.scot/improvement-programmes/scottish-patient-safety-programme-spsp/spsp-programmes-of-work/spsp-medicines/high-risk-situations-involving-medicines/medicines-sick-day-rules-card/>