

13. Diabetes Mellitus

Diabetes Mellitus				
Task / Activity	Self-Assessment / Date	Competency Assessed Y / N	Competency Achieved	Signed off by Clinical Assessor / Date
<p>Knowledge and Education</p> <ul style="list-style-type: none"> • Demonstrate an understanding of the holistic approach to the care of a patient with Diabetes Mellitus. • 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 Mellitus. • Demonstrate an understanding of the management and prevention for those at risk of Diabetes Mellitus.¹⁵⁶ • Demonstrate an understanding of the difference between type 1 and type 2 diabetes. • Demonstrate and understanding of the diagnostic criteria and management of Maturity Onset Diabetes of the Young (MODY)¹⁵⁷ • Demonstrate understanding of Diabetes Mellitus diagnostic criteria.¹⁵⁸ • Demonstrates knowledge of the local and national guidance for management of Diabetes Mellitus.¹⁵⁹ • Demonstrate an understanding of the importance of good glycaemic, BP and cholesterol control on the micro and macro vascular complications of diabetes mellitus in line with associated local and national guidance¹⁶⁰ and be able to facilitate the screening of these: <ul style="list-style-type: none"> ○ Diabetic Nephropathy. ○ Diabetic Retinopathy. ○ Diabetic Neuropathy.¹⁶¹ ○ Cardiovascular Disease. ○ Erectile Dysfunction. ○ Diabetic Leg and foot ulcers.¹⁶² ○ Gastroparesis. 				

¹⁵⁶ <https://www.nice.org.uk/guidance/ph38>

¹⁵⁷ <https://www.diabetes.org.uk/diabetes-the-basics/other-types-of-diabetes/mody>

¹⁵⁸ <https://cks.nice.org.uk/topics/diabetes-type-2/diagnosis/diagnosis-in-adults/>

¹⁵⁹ <https://www.nice.org.uk/guidance/ng28>

¹⁶⁰ <https://www.nice.org.uk/guidance/ng28/chapter/Recommendations#managing-complications>

¹⁶¹ <https://www.nice.org.uk/guidance/cg173>

¹⁶² <https://www.nice.org.uk/guidance/ng19>

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<ul style="list-style-type: none"> ○ Periodontitis. ● Demonstrate understanding of biometrics needed for annual review in accordance with national and local policy.¹⁶³ ● Demonstrate understanding of what HbA1C is, how it is calculated and limitations for its use.¹⁶⁴ ● Demonstrate and understanding of when the use of Fructosamine levels as a measurement for diabetes control is appropriate and how it is used and interpreted¹⁶⁵ ● Demonstrate understanding of oral antidiabetic drugs, their action and side effects.¹⁶⁶ ● Demonstrate an understanding of anti-hypertensive and statin medications, their actions and side effects.¹⁶⁷. ● Demonstrate an understanding of the signs, symptoms and management of diabetic emergencies.^{168 169} ● Demonstrate an understanding of the risks to both mother and foetus of pregnancy when diabetic¹⁷⁰ <p>Patient Management Under the supervision of a Registered Nurse:</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 Mellitus in line with local and national guidance.¹⁷¹ ○ Be able to ensure the patient has seen a Registered Nurse to ensure they has a full grasp of what Diabetes Mellitus is and how it is managed and the potential complications. ○ Be able to explain to the patient that they will require an annual review, what this entails and the rationale.¹⁷² 				

¹⁶³ <https://www.nice.org.uk/guidance/qs209/chapter/Quality-statement-6-9-key-care-processes>

¹⁶⁴ <https://cks.nice.org.uk/topics/diabetes-type-2/diagnosis/diagnosis-in-adults/>

¹⁶⁵ <https://www.nice.org.uk/guidance/ng28/chapter/Recommendations#blood-glucose-management>

¹⁶⁶ <https://bnf.nice.org.uk/treatment-summaries/type-2-diabetes/#antidiabetic-drugs>

¹⁶⁷ <https://bnf.nice.org.uk/treatment-summaries/dyslipidaemias/>

¹⁶⁸ ¹⁶⁸ [Diabetic hyperglycaemic emergencies | Treatment summaries | BNF | NICE](#)

¹⁶⁹ [Hypoglycaemia | Treatment summaries | BNF | NICE](#)

¹⁷⁰ <https://www.nice.org.uk/guidance/ng3>

¹⁷¹ <https://www.nice.org.uk/guidance/ng17/chapter/Recommendations#diagnosis-and-early-care-plan>

¹⁷² <https://www.nice.org.uk/guidance/qs209/chapter/Quality-statement-6-9-key-care-processes>

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<ul style="list-style-type: none"> ○ Be able to refer the patients to Diabetes Mellitus education programme in line with local and National guidance. ○ Be able to provide the patient with lifestyle advice¹⁷³ 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.¹⁷⁴ ○ Inform the patient of legal requirements relating to driving and signpost to DVLA.¹⁷⁵ ○ Complete baseline set of care processes as set out in annual review. <p>• At Review:</p> <ul style="list-style-type: none"> ○ Be able to ensure the patient is seen by a Registered Nurse to assess for cardiovascular risk and provide appropriate advice and onward referral for prevention interventions.¹⁷⁶ ○ Be able to perform annual review checks including¹⁷⁷: <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:¹⁷⁸ making onward referrals as appropriate. 				

¹⁷³ <https://www.nice.org.uk/guidance/ng28/chapter/recommendations#dietary-advice-and-bariatric-surgery>

¹⁷⁴ <https://www.nhs.uk/conditions/diabetes/medicines-exemption/>

¹⁷⁵ <https://www.gov.uk/diabetes-driving0>

¹⁷⁶ <https://bnf.nice.org.uk/treatment-summaries/cardiovascular-disease-risk-assessment-and-prevention/>

¹⁷⁷ <https://www.nice.org.uk/guidance/qs209/chapter/quality-statement-6-9-key-care-processes#quality-statement-6-9-key-care-processes>

¹⁷⁸ <https://www.nice.org.uk/guidance/ng19/chapter/recommendations#managing-the-risk-of-developing-a-diabetic-foot-problem>

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<ul style="list-style-type: none"> • 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 lifestyle advice that is tailored to the individual, taking account their ethnicity and their social, economic, cultural and family needs. ¹⁷⁹ Refer on as necessary. • Be able to support the patient set SMART personal goals, providing support with any behavioural changes needed.¹⁸⁰ • Be able to ensure that the patient has an appropriate follow up appointment with a Registered Nurse to discuss the following: <ul style="list-style-type: none"> ○ Blood test results, what these mean for ongoing plan and initiation of any additional tests needed in line with local and national guidance. ○ Medication: review and assessment of any changes and concordance.¹⁸¹ • Be able to perform Capillary Blood Glucose (CBG) monitoring when appropriate and be able to interpret results in line with local and national guidance.¹⁸² Ensuring these are discussed with a Registered Nurse. • Demonstrate an understanding of the need for ongoing CBG monitoring, taking safety, the impact on the patient and their lifestyle into account and discuss these with a Registered Nurse. • Be able to ensure women of childbearing age are signposted to a senior suitably trained clinician to discuss pre-conception planning and contraception • Be able to recognise when patient complexity exceeds competence and refer on as appropriate. 				

¹⁷⁹ <https://www.nice.org.uk/guidance/ng28/chapter/recommendations#dietary-advice-and-bariatric-surgery>

¹⁸⁰ <https://www.nice.org.uk/guidance/ph6>

¹⁸¹ <https://www.nice.org.uk/guidance/ng28/resources/visual-summary-full-version-choosing-medicines-for-firstline-and-further-treatment-pdf-10956472093>

¹⁸² <https://www.nice.org.uk/guidance/ng28/chapter/Recommendations#blood-glucose-management>