

Complement Plus Programme

All modules can be accessed from a desktop or mobile device. Also they can be paused and started at persons own convenience.

Pre-Knowledge and Confidence Questionnaire

Module 1:

Recorded Lesson 1 (approx. 60 minutes)

Laying the Foundations:

- What diabetes is and how to correctly diagnose and classify types
- Common complications of diabetes: those that threaten life and those that impact quality of life
- How this knowledge affects treatment choices
- Target levels and how to individualise targets safely
- Goals of care and how to use the patient centred decision cycle
- Avoiding clinical inertia

eLearning (approx. 60 minutes)

Screening, Prevention and Diagnosis:

- Understand the differences between type 1 and type 2 diabetes
- Learn the symptoms of type 1 and type 2 diabetes
- Identify individuals at risk of type 2 diabetes
- Learn how to assess an individual's risk of type 2 diabetes
- Understand the importance of prevention or delay of onset of type 2 diabetes
- Learn the role and benefit of dietary changes and exercise in the prevention / delay in progression of type 2 diabetes and maintenance of health in type 1 diabetes
- Understand the importance of weight management in the prevention / delay in progression of type 2 diabetes and prevention of diabetes related complications
- Discuss the care pathway for individuals with newly diagnosed type 1 and type 2 diabetes
- Understand the long-term health consequences of diabetes
- Learn how to perform basic screening for diabetes associated complications (e.g. foot disease)
- Understand how to refer people to structured education programmes that address the role of lifestyle intervention in the prevention or delay in progression of type 2 diabetes

Mentoring Session 1

Module 2

Recorded Lesson 2 (approx. 60 minutes)

Glucose lowering Options for people living with type 2 diabetes:

- Treatment options for people living with type 2 diabetes
- What should we consider when choosing treatments? For example:
 - Lifestyle management
 - Obesity
 - Cardiovascular disease
 - Chronic kidney disease
- What options do we have?
- Prescribing guidance

eLearning (approx. 60 minutes)

Oral Therapies - Aims of the course:

- Understand the need for treatment intensification, increase knowledge of oral anti-hyperglycaemic agents and their mode of action, doses, common side effects and hypo risk
- Be aware of the different glucose lowering guidelines that are used to guide clinical decision making
- Identify people at risk of polypharmacy and when to de-escalate treatment in the context of frailty
- Identify people at risk of hypoglycaemia and know how to treat hypoglycaemia appropriately
- Be aware of how to prescribe safely and make adjustments in treatment based on renal function
- Be aware of clinical inertia and the challenges associated with optimising oral therapies in type 2 diabetes

Mentoring Session 2

Module 3

Recorded Lesson 3 (approx. 60 minutes)

Injectable Therapies:

- To look at the positive points and about insulin and GLP-1's and the challenges
- What knowledge we need to have to pass on to our patients.
- Insulin - who needs it?
 - who would be better off without it?
 - can we combine it with a GLP-1RA?
- Starting - which insulin? Injection technique, hypoglycaemia, driving, sick day rules and DKA
- Continuing - titrating doses, injection sites and lipohypertrophy

ELearning (approx. 60 minutes)

Injectable Therapies - Aims of the course:

- Understand the different insulin types, time action profiles, regimens and when to initiate and alter therapy
- Understand what biosimilar and high strength insulins are and the important considerations about prescribing safety
- Be aware of the different GLP-1 Receptor Agonist's available, mode of action, common side effects and different devices
- Discuss the methods for correct injection technique and safe disposal of sharps (according to local policy)
- Discuss and feel confident to correctly examine injection sites to detect lipohypertrophy, and give advice on how to manage insulin therapy and lipohypertrophy
- Understand common insulin and management errors and how to report injectable therapy errors
- Understand the European directive on prevention from sharp injuries in the hospital and healthcare sector
- Be aware of the importance of insulin passports and/or insulin safety information cards
- Be aware of and gain insight into the experience of fear of needles and/or needle phobia

Mentoring Session 3

Recorded Lesson 4 (approx. 60 minutes)

CAREME:

- What care people living with diabetes should expect and why.
- The CaReMe relationship
- Cardiovascular disease and diabetes
- Kidney disease and diabetes
- Managing blood pressure
- Managing cholesterol

- How doing this will help prevent or delay progression of complications and improve quality of life

eLearnings (approx. 60 minutes each)

Nephropathy - Aims of the course:

- Understand that all people with diabetes are at risk of chronic kidney disease and acute kidney injury (AKI)
- Know which people with diabetes in your care have nephropathy
- Understand the five different stages of eGFR in chronic kidney disease
- Understand the difference between eGFR and creatinine clearance (CrCl) and which is to be used in certain populations
- ACR screening, blood pressure measurement and blood test guidelines
- Understand and interpret proteinuria
- Understand diabetes medications that require dose reduction or are contraindicated in renal disease
- Immunosuppressant treatment and how this affects glycaemic control
- Look at renal treatments, including renal replacement therapy and transplantation
- Learn the impact that deteriorating renal function may have on glycaemic control, CV risk and foot disease
- Understand the risk of lactic acidosis with metformin and renal disease
- Understand the impact chronic kidney disease has on the excretion of some diabetes medications and the associated increased risk of hypoglycaemia
- Learn the blood pressure targets for people with diabetes and renal disease and the choice of antihypertensive agent in people with diabetes and chronic kidney disease.
- Diet and fluid advice
- Look at peritoneal dialysis and guidelines

CAREME – Aims of the course

- Understand blood pressure (BP), lipid and glycaemic management
- Understand cardiovascular risk assessment
- Review current evidence and guidelines

Mentoring Session 4

Post K&C/Evaluation and Certificates