

Free e-learning resource

Starting medication for type 2 diabetes

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Lisa has just received a diagnosis of type 2 diabetes. She has no comorbid conditions and has agreed to be referred to the NHS Path to Remission Programme.

What initial diabetes medication would you recommend for Lisa?

Deepak recently suffered a myocardial infarction and was later confirmed to have type 2 diabetes.

What would you offer Deepak as initial therapy for his type 2 diabetes, given his cardiovascular status?

Soma is a 38-year-old lady of South Asian ethnicity who has just been diagnosed with type 2 diabetes.

Why is Soma's age significant, and what medications would you prescribe?

Mark is a 68-year-old man with known chronic kidney disease. He has developed type 2 diabetes.

What would be your initial glucose-lowering therapy for Mark?

By working through this interactive case study, we will review the glucose-lowering medications recommended for initial treatment of type 2 diabetes in the new NICE NG28 guideline.

D *Diabetes & Primary Care's* series of interactive case studies is aimed at all healthcare professionals in primary and community care who would like to broaden their understanding of diabetes.

These four scenarios cover the glucose-lowering medications recommended for initial treatment of type 2 diabetes in the new NICE NG28 guideline.

The format uses typical clinical scenarios as tools for learning. Information is provided in short sections, with most ending in a question to answer before moving on to the next section.

Working through the case studies will improve our knowledge and problem-solving skills in diabetes care by encouraging us to make evidence-based decisions in the context of individual cases.

Readers are invited to respond to the questions by typing in their answers. In this way, we are actively involved in the learning process, which is hopefully a much more effective way to learn.

By actively engaging with these case histories, readers will feel more confident and empowered to manage such presentations effectively in the future.

David Morris, Undergraduate Clinical Tutor, Keele University; and retired GP and Specialist Doctor in Diabetes

[Click here to access the case study](#)

Starting medication for type 2 diabetes and other interactive case studies are all [available here](#)