

What's hot in diabetes nursing?

December 2025

Too busy to keep up to date with the latest developments relating to diabetes nursing? In this regular feature, we carefully select the best resources, publications and research for all nurses with an interest in diabetes. Follow the links to access the full materials.

Medicines

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| Urgent field safety notice | FreeStyle Libre 3 and FreeStyle Libre 3 Plus sensors that may provide incorrect low glucose readings. (Source: Abbott) |  |
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Patient resources

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| Diabetes technology | Online resource hub to help people living with diabetes understand different diabetes technologies, what they can access and more. (Source: Diabetes UK) |  |
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Learning and events

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| Two free CPD modules | Lipid management (lipids and triglycerides; risk assessment; statins; and other lipid-lowering therapies); Obesity (starting the conversation about weight; assessment; lifestyle and behavioural changes; and pharmacological and surgical management). (Source: Primary Care Diabetes and Obesity Society) |  |
| Peripheral artery disease and diabetes | Free interactive case study: the causes, diagnosis and management of PAD. (Source: <i>Diabetes & Primary Care</i>) |  |
| Diabetes UK Professional Conference 2026 | Register your interest in next year's conference in Liverpool (22–24 April). (Source: Diabetes UK) |  |
| Kidney health | Bite-sized mini-module on this diabetes-related complication. (Source: Diabetes UK) |  |
| Diabetes and pancreatic cancer | Six-part introduction to diabetes and pancreatic cancer, and in-depth information on its management. (Source: Pancreatic Cancer UK) |  |

Guidelines, reports and position statements

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| DVLA modernises diabetes rules for bus and lorry drivers | Professional (Group 2) drivers with type 2 diabetes may now use technology to monitor their glucose levels. Plus leaflet for drivers. (Source: Driver and Vehicle Licensing Agency) |  |
| ADA Standards of Care in Diabetes – 2026 | Latest clinical practice recommendations of the American Diabetes Association, providing the components of diabetes care, general treatment goals and tools to evaluate quality of care. (Source: <i>Diabetes Care</i>) |  |
| Supporting Women with Obesity Across the Reproductive Life | EASO position statement aiming to guide the health and medical assessment of women with obesity during their reproductive life. (Source: European Association for the Study of Obesity) |  |
| Delivering diabetes care in a neighbourhood health service | Plan to provide more preventative care via a neighbourhood health service and the key steps to achieving it. (Source: Diabetes UK) |  |
| Clinical assessment and acceptance criteria for CGM system performance | A proposed guideline by the IFCC Working Group on CGM. (Source: <i>Clinica Chimica Acta</i>) |  |
| World Health Organization Guideline on the use and indications of GLP-1 therapies for the treatment of obesity in adults | WHO's call to ensure that the opportunities offered by new therapies are universally accessible. (Source: <i>JAMA</i>) |  |
| Joint position statement on the use of low- or no-calorie sweeteners (LNCS) | Produced by expert scientists representing the British Dietetic Association, British Nutrition Foundation and Diabetes UK. (Source: BDA, BNF, DUK) |  |
| More Than Weight: Exploring the human, social and economic cost of obesity | Report outlining the cost of not acting on this public health challenge, and identifying failures and opportunities for change. (Source: West Yorkshire Health and Care Partnership) |  |
| Continuous ketone monitoring for people with diabetes | International expert recommendations on the application of this new technology. (Source: <i>Lancet Diabetes & Endocrinology</i>) |  |

Funding opportunity

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| Call for applications 2026 | Applications invited from healthcare professionals in the UK for research fellowship funding up to £300,000. (Source: ABCD and NNUKRF) |  |
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Journals: Quick reads

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| Q&A: Type 2 diabetes remission | Professor Roy Taylor on the evidence base and how to support, assess and code remission. [Open access] (Source: <i>Diabetes & Primary Care</i>) |  |
| Genetic risk-targeted islet autoantibody screening for presymptomatic type 1 diabetes in adults | Asymptomatic preclinical type 1 diabetes could be more likely in adults with elevated type 1 diabetes genetic risk score. [Open access] (Source: <i>Lancet Diabetes & Endocrinology</i>) |  |

Journals: Articles

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| Pharmacological therapies for type 2 diabetes: future approaches | <p>Potential new non-insulin agents and pharmacological approaches in early development that aim to improve glycaemic control in type 2 diabetes. [Open access] (Source: <i>Diabetologia</i>)</p> |  |
| Synergistic associations of metformin and GLP-1 RA use with adiposity-related cancer incidence in people living with type 2 diabetes | <p>Combination therapy yields “staggering” lowering of risk of all adiposity-related cancers. [Open access] (Source: <i>Diabetes, Obesity and Metabolism</i>)</p> |  |
| Cardiometabolic parameter change by weight regain on tirzepatide withdrawal in adults with obesity | <p>Higher degree of weight regain associated with greater reversal of cardiometabolic benefits in SURMOUNT-4 analysis. [Open access] (Source: <i>JAMA Internal Medicine</i>)</p> |  |
| Insights into the mechanism of action of tirzepatide: A narrative review | <p>Mechanistic activity of tirzepatide and its effect on glycaemic control, body weight, the cardiorenal system and lipid metabolism. [Open access] (Source: <i>Diabetes Therapy</i>)</p> |  |
| Global guideline recommended target achievements in glycaemic, blood pressure, and lipid control in type 2 diabetes | <p>Little progress in achievement of risk factor targets globally revealed by meta-analysis. [Open access] (Source: <i>Diabetes Research and Clinical Practice</i>)</p> |  |
| Improving medication adherence in type 2 diabetes: strategies for better clinical and economic outcomes | <p>Summary of the evidence, including assessment methods, factors relating to adherence and interventions. [Open access] (Source: <i>Diabetologia</i>)</p> |  |
| Effectiveness and safety of combining SGLT2 inhibitors and GLP-1 receptor agonists in individuals with type 2 diabetes | <p>Systematic review and meta-analysis highlights potential cardiorenal benefits of combination therapy over monotherapy in a real-world setting. [Open access] (Source: <i>Diabetologia</i>)</p> |  |
| SGLT2 inhibitors in older adults with cardiovascular disease: A systematic review and meta-analysis | <p>Robust evidence that SGLT2is confer substantial cardiovascular and survival benefits in this group. [Open access] (Source: <i>Journal of the American Geriatrics Society</i>)</p> |  |
| Regression from prediabetes to normoglycaemia and the role of cardiometabolic risk factors on the subsequent risk of developing type 2 diabetes | <p>Restoration of normoglycaemia in people with prediabetes is associated with a reduced risk of type 2 diabetes subsequently. [Open access] (Source: <i>Diabetologia</i>)</p> |  |
| Assessing the independent and combined impact of obesity and gestational diabetes mellitus on adverse maternal outcomes | <p>Combination of obesity and GDM amplifies risk for caesarean section and pre-eclampsia. [Open access] (Source: <i>Diabetic Medicine</i>)</p> |  |
| Exploring the social experiences, stigma and discrimination, faced by women with gestational diabetes | <p>The experiences, impacts and perceived protective mechanisms of GDM-specific stigma among women in Australia. [Open access] (Source: <i>Diabetic Medicine</i>)</p> |  |

Journals: Articles (cont'd)

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| Continuous glucose monitoring frequency and glycemic control in people with type 2 diabetes | Frequent CGM use improves glycaemic control; clinicians should monitor at 6 months and identify any obstacles to its use. [Open access] (Source: <i>JAMA Network Open</i>) |  |
| Thyroid, celiac, and other autoimmune diseases and the risk of incident type 1 diabetes in young adulthood | Autoimmune diseases in late adolescence associated with increased risk of type 1 diabetes in adulthood in both sexes. [Open access] (Source: <i>Diabetes Care</i>) |  |
| Trends in mortality and hospitalisations for cardiovascular, kidney and liver disease in people with type 2 diabetes in England, 2009–2019 | Study identifies important targets for improvement through changes in health policy and care delivery. (Source: <i>Diabetes, Obesity and Metabolism</i>) |  |
| Global, regional, and national burden of chronic kidney disease in adults, 1990–2023, and its attributable risk factors | Systematic analysis for the Global Burden of Disease Study 2023 underscores the growing impact of CKD. [Open access] (Source: <i>The Lancet</i>) |  |
| Safety and tolerability of GLP-1 receptor agonists: A state-of-the-art narrative review | Comprehensive evaluation of the evidence, plus clinical strategies for adverse event mitigation and considerations for discontinuation or switching. (Source: <i>Drugs</i>) |  |
| Gestational weight gain and pregnancy outcomes after GLP-1 receptor agonist discontinuation | Prior GLP-1 RA use with discontinuation for pregnancy is associated with greater gestational weight gain. (Source: <i>JAMA</i>) |  |
| SGLT2 inhibitors, GLP-1 receptor agonists, and frailty progression in older adults with type 2 diabetes | Frailty progression may be slowed through mechanisms independent of cardiovascular benefits. (Source: <i>Diabetes Care</i>) |  |
| Young-onset hypertension confers higher risk of cardiovascular disease, kidney disease, and all-cause mortality in individuals with type 2 diabetes | Greater risks observed with young-onset hypertension compared with late-onset hypertension. (Source: <i>Diabetes Care</i>) |  |

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