



What's hot in diabetes nursing?

February 2026




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.

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Medicines

Rybelsus® (semaglutide tablets): transition to new formulation and risk of medication error	Advice about risk of patient harm arising through medication error during transition period. (Source: Abbott)	
GLP-1 RAs and dual GLP-1/GIP RAs: strengthened warnings on acute pancreatitis, including necrotising and fatal cases	Product information has been further updated to highlight the potential risk with these products. (Source: MHRA)	



Resources

How you can raise awareness of health checks for people with diabetes	Campaign to promote awareness of the importance of health checks, including links to resources. (Source: Diabetes UK)	
Diabetes Model of Care Toolkit (2012–2025)	A scalable, evidence-based framework to deliver sustainable, equitable and person-centred diabetes care for commissioners, providers and policy leaders. (Source: Leicester Diabetes Centre)	
Early type 1 diabetes	New collection of educational resources for healthcare professionals, plus links to patient resources. (Source: Association of British Clinical Diabetologists)	






Learning and events

NICE NG28 guideline update: type 2 diabetes	What's new, practical implementation challenges and opportunities to improve patient outcomes (online, 1–2 p.m., Weds. 4 March). (Source: Q [NHS confederation])	
Diabetes UK Professional Conference 2026	Conference programme now available (Liverpool, 22–24 April). (Source: Diabetes UK)	




Reports and position statements

DTN-UK statement on large language models	Proposed policy points to ensure safe and effective use of LLMs (e.g. Chat GPT) for people living with diabetes. (Source: Diabetes Technology Network UK)	
Management of peripheral artery disease in adults with diabetes: 2025 ACC scientific statement: A report of the American College of Cardiology	Overview of current recommendations for screening, diagnosis, and management, including consensus on evidence-based treatments. [Open access] (Source: <i>The Journal of the American Association of Cardiology</i>)	











Journals: Quick reads

Feasibility of general population screening for type 1 diabetes in the UK: the ELSA study	Outline of initial findings from ELSA and how they might guide the development of a UK screening programme. [Open access] (Source: <i>The Lancet</i>)	
Twenty-year trends in ethnicity with type 2 diabetes across age at diagnosis: observational study in 11 million individuals in England	Rising incidence of early-onset type 2 diabetes unlikely to be related to disproportionately increasing risks in individuals from minority ethnic groups. [Open access] (Source: <i>Nutrition Metabolism and Cardiovascular Diseases</i>)	
Identifying household diabetes risk for family diabetes prevention using electronic health records	Health systems could use EHRs to screen family members for risk factors and support care coordination. [Open access] (Source: <i>JAMA Network Open</i>)	
Managing diabetes in primary care – key points for nurses	Some key principles of diagnosis, management and communication. [Open access] (Source: <i>Nursing in Practice</i>)	
Prescribing pearls: Orlistat for overweight and obesity management	Fact sheet outlining orlistat, its indications, benefits and side effects. [Open access] (Source: <i>Diabetes & Primary Care</i>)	

Journals: Articles

Weight regain after cessation of medication for weight management: systematic review and meta-analysis	Study findings point to need for specific healthcare policies for at-risk populations. [Open access] (Source: <i>The BMJ</i>)	
Pharmacologic treatment of obesity in adults: Standards of care in overweight and obesity	Comprehensive, evidence-based guidelines on the pharmacologic treatment of obesity in adults from the ADA's Obesity Association. [Open access] (Source: <i>Diabetes, Obesity, and Cardiometabolic CARE</i>)	
GLP-1 RAs for the prevention of new-onset heart failure: a systematic review and meta-analysis of placebo-controlled randomized clinical trials	New SGLT2 inhibitor users had a modestly lower risk for foot disease largely driven by a lower risk for neuropathy than GLP-1 RA users. [Open access] (Source: <i>Obesity Reviews</i>)	

Journals: Articles (cont'd)

<p>Stigma associated with early-onset type 2 diabetes: A secondary qualitative analysis</p>	<p>Adults living with EOT2D experience stigma, which can lead to a range of psychological and behavioural consequences. [Open access] (Source: <i>British Journal of Health Psychology</i>)</p>	
<p>Prediabetes remission and cardiovascular morbidity and mortality: post-hoc analyses from the Diabetes Prevention Program Outcomes Study and the DaQing Diabetes Prevention Outcome study</p>	<p>Remission of prediabetes alongside weight loss beneficial in the primary prevention of cardiovascular morbidity and mortality in diverse populations. [Open access] (Source: <i>The Lancet Diabetes and Endocrinology</i>)</p>	
<p>SGLT2 inhibitors in frailty: a review of current evidence, and clinical recommendations</p>	<p>Critical evaluation addressing safety concerns and offering practical recommendations for clinical practice. [Open access] (Source: <i>The British Journal of Cardiology</i>)</p>	
<p>Physical activity types, variety, and mortality: results from two prospective cohort studies</p>	<p>Long-term engagement in multiple types of physical activity may help extend lifespan. [Open access] (Source: <i>BMJ Medicine</i>)</p>	
<p>Timing and type of menopause are not risk factors for the onset of diabetes: a UK Biobank cohort study</p>	<p>No clinically or statistically significant association between the development of diabetes and age at menopause. [Open access] (Source: <i>Menopause</i>)</p>	
<p>Real-world use of continuous glucose monitoring in people with type 2 diabetes and chronic kidney disease or on dialysis</p>	<p>CGM use associated with the identification of hypoglycaemia and improvements in HbA_{1c} in comorbid adults. [Open access] (Source: <i>Diabetic Medicine</i>)</p>	
<p>Group consultations in diabetes care: qualitative insights from patients and practitioners to inform service redesign</p>	<p>The barriers that prevent clinicians and patients from utilising group consultation sessions in diabetes management, and how they can be addressed. [Open access] (Source: <i>The British Journal of Diabetes</i>)</p>	
<p>Interactive virtual assistant for health promotion among older adults with type 2 diabetes</p>	<p>IVAM-ED trial suggests that such devices may enhance mental health outcomes for older individuals with diabetes. [Open access] (Source: <i>JAMA Network Open</i>)</p>	
<p>Increasing cardiovascular mortality in young adults with diabetes mellitus as a contributing cause in the United States</p>	<p>Study findings point to need for specific healthcare policies for at-risk populations. (Source: <i>Diabetes, Obesity and Metabolism</i>)</p>	
<p>Cardiovascular outcomes with tirzepatide versus dulaglutide in type 2 diabetes</p>	<p>SURPASS-CVOT indicates that tirzepatide matches dulaglutide for cardiovascular protection in people with type 2 diabetes and atherosclerotic cardiovascular disease. (Source: <i>The New England Journal of Medicine</i>)</p>	
<p>Effectiveness of sodium–glucose cotransporter-2 inhibitors versus glucagon-like peptide-1 receptor agonists on diabetic foot disease</p>	<p>New SGLT2 inhibitor users had a modestly lower risk for foot disease largely driven by a lower risk for neuropathy than GLP-1 RA users. (Source: <i>Annals of Internal Medicine</i>)</p>	