

What's hot in diabetes nursing?

August 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 and devices

Discontinuation of Levemir (insulin detemir): Joint guidance from ABCD and PCDO Society (Updated 27 May 2026)	Reminder: Updated guidance reflecting the current insulin supply status. Support for clinicians in appropriately selecting and safely prescribing alternative insulin therapy. Includes video discussion on implementation. (Source: ABCD and PCDO Society)	 
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Guidance

NHS staff standards: overview and summaries	Nationally required framework of six minimum employment standards to improve staff experience, safety and operational culture. (Source: NICE)	
Supporting autistic people and people with a learning disability to live well in their communities	Outline of the essential components of effective local support, helping systems plan and deliver services across all ages. (Source: NHS England)	
Teplizumab for delaying the onset of stage 3 type 1 diabetes in people 8 years and over with stage 2 type 1 diabetes	Guidance on this disease-modifying treatment for type 1 diabetes. (Source: NICE)	

Resources

Z-fold Foot Leaflet – Urgent Care Access Card	Information for persons living with diabetes and their healthcare professional in the event of a foot problem developing. (Source: Diabetes UK)	
Newly diagnosed Type 2 – sign up for email support	Information and advice for the first year following a diagnosis of type 2 diabetes. (Source: Diabetes UK)	
UK Chief Medical Officer Physical Activity Guideline Infographics	Suite of digital assets with advice on the amount and type of physical activity that people should be doing to improve their health at different life stages. (Source: Dept of Health and Social Care)	

Learning and events

22nd National Conference of the Primary Care Diabetes & Obesity Society	Unravelling the Complexities of Care: Diabetes, obesity and associated conditions. 2-day conference (Birmingham, 18–19 Nov). (Source: Primary Care Diabetes & Obesity Society)	
Obesity Care in Focus	Webinar series exploring the evolving diabetes and obesity management landscape in primary care. (Source: Primary Care Diabetes & Obesity Society)	
19th Scottish Conference of the Primary Care Diabetes & Obesity Society	Improve your care of diabetes, obesity and associated long-term conditions. 1-day conference (Glasgow, 27 October). (Source: Primary Care Diabetes & Obesity Society)	
Monogenic Diabetes Training Course: Right Diagnosis, Right Treatment	Additional 2-day course to help clinicians (including experienced DSNs) recognise and treat people with MODY and other forms of monogenic diabetes. Online (9–10 March 2027) (Source: Diabetes Genes)	
Introduction to Diabetes: Foundations for Nursing Practice webinar	To raise understanding of diabetes, including diagnosis, risk factors and management, complications and nursing care. Online (Tues. 6 October, 3 hours). (Source: Royal College of Nursing)	
Diabetes in Pregnancy UK Conference 2026	Programme for all healthcare professionals interested in diabetes and pregnancy. Online (Tues. 10 November) (Source: Diabetes UK)	
World Diabetes Day	Get involved and take action to support early diabetes detection and risk reduction (14 November). (Source: International Diabetes Federation)	
Annual Meeting of the European Association for the Study of Diabetes (EASD)	Presentations, lectures, symposia and oral sessions on developments in both basic and clinical diabetes research. In-person (Milan) and online (28 September to 2 October) (Source: EASD)	

Reports

General Practice Nursing Today	Survey results highlight the “unsustainable conditions” creating significant risks for workforce retention and patient safety. (Source: The Queen’s Institute of Community Nursing)	
Cardiovascular disease (CVD) modern service framework (MSF): a cardiovascular-kidney-metabolic approach	Government’s 10-year strategic vision and delivery model for the health and care system to reduce premature deaths from heart disease and stroke in England. (Source: Dept of Health and Social Care)	
National Pregnancy in Diabetes Audit – Hybrid closed loop 2025	Summary of national findings on the use of HCL technologies among women with type 1 diabetes whose pregnancies ended in the audit year. (Source: NHS England)	

Reports (cont'd)

Insulin: supporting safe self-administration for patients in the community with a learning disability	Investigation focusing on people with a learning disability and diabetes who have been harmed when they have not been supported to administer their insulin safely. (Source: Health Services Safety Investigations Body)	
Mental health personalised care framework: the modern care programme approach	Framework setting out the approach and related principles and actions for delivering personalised care for adults and older people with severe mental health problems. (Source: NHS England)	
The Broken Plate 2026	How the UK food environment shapes our lives, why it matters and what must change. (Source: The Food Foundation)	
Diabetes: Children and Young Adults. GIRFT Programme National Speciality Report	A national overview of how diabetes services for children and young adults are organised, how care and outcomes vary, and how systems can deliver equitable, modern best practice. (Source: NHS England)	
Nutritional, functional, and psychological considerations for incretin-based therapies in adults – an EASO, EFAD, and ECPO Consensus Statement	Pragmatic, evidence-informed considerations for individuals receiving incretin-based therapies, with an emphasis on the “patient” perspective. (Source: <i>The Lancet Diabetes & Endocrinology</i>)	

Quick reads

Conference over coffee: The initial type 2 diabetes consultation, and early-onset type 2 diabetes	Key take-home points from the 3rd London Conference of the PCDO Society. [Open access] (Source: <i>Diabetes & Primary Care</i>)	
How and when to support carbohydrate counting in type 2 diabetes	A tiered approach to carbohydrate education in type 2 diabetes, with three levels according to individual circumstances. [Open access] (Source: <i>Diabetes & Primary Care</i>)	
How to initiate and support continuous glucose monitoring	Essential overview of CGM in adults with diabetes for healthcare professionals working within primary care. [Open access] (Source: <i>Diabetes & Primary Care</i>)	
Kamlesh Khunti: illuminating the impacts of MLTC	Introduction to a new series on the epidemiology, drivers and prevention of cardiometabolic multiple long-term conditions. [Open access] (Source: <i>The Lancet</i>)	
Hypoglycaemia was not associated with depression, anxiety, diabetes distress or fear of hypoglycaemia scores in people with type 1 or insulin-treated type 2 diabetes in the Hypo-METRICS study	None of the hypoglycaemia metrics assessed were associated with mental health scores after 10 weeks. [Open access] (Source: <i>Diabetes, Obesity and Metabolism</i>)	

Journals: Articles

Implementing SGLT2 inhibitor therapy in line with the new NICE guidelines for type 2 diabetes management	Practical advice and tools to support smooth implementation and ongoing management of SGLT2i therapy in line with the latest guidelines. A separate decision tool is provided. [Open access] (Source: <i>Diabetes Therapy</i>)	 
Hearing loss in adults with diabetes and prediabetes: a systematic review and meta-analysis	One in four adults with diabetes has clinically significant hearing loss, particularly in younger individuals and resource-limited populations. [Open access] (Source: <i>Diabetes/Metabolism Research and Reviews</i>)	
Time to insulin initiation among patients with type 2 diabetes treated with second-line antidiabetic drugs	Initiation of TZDs, DPP-4 inhibitors or SGLT2 inhibitors associated with a decreased risk of insulin initiation, compared to insulin secretagogues. [Open access] (Source: <i>Diabetes, Obesity and Metabolism</i>)	
Social determinants of health and continuous glucose monitoring metrics in type 1 or type 2 diabetes	Access to advanced diabetes technologies alone may be insufficient to overcome sociodemographic differences in glycaemic outcomes. [Open access] (Source: <i>JAMA Network Open</i>)	
CGM and mortality risk among U.S. veterans receiving dialysis with diabetes	Findings add to the body of evidence supporting the use of CGM in people with diabetes receiving dialysis therapy. [Open access] (Source: <i>Diabetes Care</i>)	
Endometriosis subtypes and risk of type 2 diabetes: the Advancing Research on Cardiovascular Health and Endometriosis Study (ARCHES) retrospective cohort study	Endometriosis associated with an increased risk of type 2 diabetes, with meaningful heterogeneity across subtypes and metabolic subgroups. [Open access] (Source: <i>Diabetologia</i>)	
Variations in the risk of new-onset diabetes following COVID-19 infection across BMI, deprivation, ethnicity and geographic regions: population-based cohort study in 42 million people in England	COVID-19 associated with modest, short-term increase in type 2 diabetes risk; no meaningful association with type 1 diabetes. [Open access] (Source: <i>Diabetes, Obesity and Metabolism</i>)	
Risk of hair loss associated with glucagon-like peptide-1 receptor agonists in adults with type 2 diabetes: target trial emulation	Higher incidence of hair loss with GLP-1 RAs compared with SGLT2 and DPP-4 inhibitors, although absolute risk is small. [Open access] (Source: <i>The BMJ</i>)	
Survodutide in adults with obesity and metabolic dysfunction-associated steatotic liver disease: SYNCHRONIZE-MASLD	Clinically meaningful reductions in liver fat content and body weight with survodutide after 48 weeks. [Open access] (Source: <i>Nature Medicine</i>)	
Elecglipton, an oral small molecule GLP-1 RA in adults with obesity or overweight (VISTA): a multicentre, phase 2, randomised, placebo-controlled clinical trial	Sustained weight loss recorded in adults without type 2 diabetes. [Open access] (Source: <i>The Lancet</i>)	
Tirzepatide and the risk of atherosclerotic cardiovascular events: population based cohort study	Initiating tirzepatide reduces the risk of MACE compared with a placebo proxy among people with type 2 diabetes and established ASCVD. [Open access] (Source: <i>The BMJ</i>)	

Journals: Articles (cont'd)

Metabolic syndrome is associated with increased risk of <i>Clostridioides difficile</i> infection diagnosis and severe outcomes	Metabolic syndrome, obesity and type 2 diabetes all associated with a higher risk of a <i>C. difficile</i> infection diagnosis, with metabolic syndrome showing the strongest link. [Open access] (Source: <i>Open Forum Infectious Diseases</i>)	
A comprehensive evaluation of adiposity indices on 20-year cumulative incidence of type 2 diabetes: The ATTICA Cohort Study	Excess body weight a key determinant of future type 2 diabetes development, independent of glucose levels. [Open access] (Source: <i>Clinical Obesity</i>)	
Trends in type 2 diabetes incidence and BMI at diagnosis by age, sex, and ethnicity, 2011–2024: a population-based analysis of the English National Diabetes Audit	Rising incidence in younger adults, particularly in females and across all ethnicities, contrasts with declining trends at older ages. [Open access] (Source: <i>The Lancet: Regional Health</i>)	
Diabetes care in 2050: A human-centered road map from time in range to time in happiness	Proposal to shift care to a “time in happiness” model prioritising holistic, equitable and automated well-being. [Open access] (Source: <i>Diabetes Care</i>)	
Metformin is associated with reduced rejection and improved graft survival in kidney transplant recipients with post-transplant diabetes mellitus	Metformin may be a valuable adjunct in managing post-transplant metabolic and immunological risks. [Open access] (Source: <i>Scientific Reports</i>)	
Important issues in type 1 diabetes for primary care nurses	Common dilemmas, problems and areas of opportunity that might arise in people with type 1 diabetes in primary care. (Source: <i>Independent Nurse</i>)	
Cost-effective procurement and prescribing of continuous glucose monitors in the NHS	Expert panel calls for personalised CGM prescribing and better training to improve diabetes outcomes. (Source: <i>British Journal of Nursing</i>)	
Perinatal outcomes in pregnancies with type 2 diabetes and weight gain less than 5 kg	Weight gain <5 kg associated with significantly lower rates of several adverse perinatal outcomes. (Source: <i>Diabetes Care</i>)	
Survodutide once weekly for the treatment of adults with obesity	Significantly greater weight reduction with glucagon receptor–GLP-1 receptor dual agonist compared to placebo in adults with obesity without diabetes in phase 3 trial. (Source: <i>New England Journal of Medicine</i>)	
Orforglipron compared with dapagliflozin in adults with type 2 diabetes and inadequate glycaemic control with metformin (ACHIEVE-2): a phase 3 trial	Novel once-daily, oral, non-peptide GLP-1 RA meets non-inferiority and superiority criteria compared to dapagliflozin. (Source: <i>The Lancet</i>)	
Efficacy and safety of retatrutide, a GIP, GLP-1, and glucagon RA, in people with type 2 diabetes and inadequate glycaemic control with diet and exercise (TRANSCEND-T2D-1): a phase 3 trial	Retatrutide showed significant improvements in glycaemic control and bodyweight reduction as a monotherapy. (Source: <i>The Lancet</i>)	
Elecglipton, an oral small molecule GLP-1 RA in adults with type 2 diabetes (SOLSTICE): a multicentre, phase 2b trial	Once-daily oral elecglipton reduces glycaemia with a safety and tolerability profile consistent with GLP-1 RAs class at a similar phase of development. (Source: <i>The Lancet</i>)	