



What's hot in diabetes nursing?

April 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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Resources

Changes to the GP Contract in 2026/27	Final arrangement for the financial year, including changes to QOF indicators relating to diabetes care. (Source: NHS England)	
Newly diagnosed with type 1 diabetes	Essential guidance and support for newly diagnosed individuals, covering the condition's impact and practical lifestyle adjustments. (Source: Diabetes UK)	







Learning and events

Cardiovascular disease risk	CPD mini-module focusing on the primary prevention of cardiovascular disease in people with diabetes. Requires registration. (Source: Diabetes UK)	
hFRenDs Season 5 – 2026 Conference	Event focusing on collaboration and insights to improve care for those with CVD, CKD and diabetes. In-person (Birmingham, Weds. 24 June). (Source: LKOTT Consulting)	
HSJ Awards 2026	Showcase your projects, initiatives or innovations on a national stage. Nominations are now open. (Source: HSJ)	
The 21st Malvern Diabetic Foot Conference	3-day event for healthcare professionals, including nurses, with an interest in diabetic foot problems. Great Malvern (13–15 May). (Source: The Malvern Diabetic Foot Conference)	




Devices

Modified Mounjaro KwikPen – what are the changes and why?	Device modification to reduce left-over medicine and make it easier to track that the final dose has been administered. (Source: Lilly)	
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Reports and consensus statements

Insulin: supporting safe self-administration for patients in the community with a mental health problem	Investigation focusing on adults with diabetes who have not administered insulin correctly owing to a mental health problem. (Source: Health Services Safety Investigations Body)	
Insulin: supporting safe administration in inpatient settings	Investigation into the safety of patients in hospital in England who have diabetes requiring treatment with insulin. (Source: Health Services Safety Investigations Body)	
Neighbourhood health framework	Government plan to transform services in England into a community-first “neighbourhood health service”, moving care closer to home where possible. (Source: Department of Health and Social Care)	
2025 NHS England Staff Survey Summary Report	An overview of organisation results for the survey, highlighting key results from the core questions and areas of significance. (Source: NHS England)	
National Diabetes Audit (NDA) 2025–26 quarterly report for England	Latest performance data for Integrated Care Boards, Primary Care Networks and GP practices. (Source: NHS England)	
A consensus statement on a National Competency Framework for training and assessment of knowledge and skills in diabetes technologies, including HCL, insulin pump systems, and CGM devices	Four-level competency framework specifying knowledge and competencies around diabetes technologies expected for HCPs in different roles. (Source: <i>Diabetic Medicine</i>)	






Journals: Quick reads

Prescribing pearls: Semaglutide and tirzepatide for weight management	Indications, effects and prescribing tips for the injectable incretin therapies licensed for weight management. [Open access] (Source: <i>Diabetes & Primary Care</i>)	
Supporting adherence in diabetes care	The importance of medication adherence and guidance on assessing and supporting it. [Open access] (Source: <i>Diabetes & Primary Care</i>)	
ATTD 2026 days 1 and 2 – breakthroughs transforming T1D	Synopsis of the 4-day Advanced Technologies & Treatments for Diabetes conference. [Open access] (Source: <i>Breakthrough T1D</i>)	

Journals: Articles

<p>2026 ACC/AHA/AACVPR/ABC/ACPM/ADA/AGS/APhA/ASPC/NLA/PCNA Guideline on the Management of Dyslipidemia</p>	<p>The evaluation, management and monitoring of individuals with dyslipidaemias, including high blood cholesterol, hypertriglyceridaemia and elevated lipoprotein(a). [Open access] (Source: <i>Journal of the American College of Cardiology</i>)</p>	
<p>Prescription distribution and inequities in diabetes care: A comparative analysis of CGM access by diabetes status, ethnicity and socio-economic factors in England</p>	<p>Consistent NICE guideline adoption and targeted outreach are needed to improve equity in CGM access. [Open access] (Source: <i>Diabetic Medicine</i>)</p>	
<p>Association of weekday sleep duration and estimated glucose disposal rate: the role of weekend catch-up sleep</p>	<p>Catch-up sleep only beneficial in moderation for insulin resistance and only for those with weekday deficit. [Open access] (Source: <i>BMJ Open Diabetes Research & Care</i>)</p>	
<p>GlucoseGo: a simple tool to predict hypoglycaemia during exercise in type 1 diabetes</p>	<p>Heatmap supports safer physical activity for people with type 1 diabetes. [Open access] (Source: <i>BMJ Medicine</i>)</p>	
<p>From language matters to stigma-free communication in diabetes: Evolution, challenges, and next steps</p>	<p>Expert review of the evolution of Language Matters globally and its effects on diabetes management, health and well-being. [Open access] (Source: <i>Diabetic Medicine</i>)</p>	
<p>Intermittent fasting for adults with overweight or obesity</p>	<p>Compared to regular dietary advice, intermittent fasting may result in little to no difference in weight loss. [Open access] (Source: <i>Cochrane Database of Systematic Reviews</i>)</p>	
<p>Why nurses are key to bridging the type 2 diabetes care gap</p>	<p>The need for tailored interventions, alongside further research, to solidify the nurse's role in type 2 diabetes care. (Source: <i>Nursing Times</i>)</p>	
<p>Prevalence and predictors of prediabetes/type 2 diabetes mellitus among adolescents in the United States: NHANES (2011–2013)</p>	<p>Central adiposity, measured by waist-to-height ratio, is a superior and independent predictor of prediabetes/type 2 diabetes compared to BMI. [Open access] (Source: <i>PLOS Global Public Health</i>)</p>	
<p>Obesity treatments and weight changes in clinical practice after discontinuation of semaglutide or tirzepatide</p>	<p>Real-world study shows weight loss 1 year after discontinuation varies, but average loss is small. Re-initiation of an obesity treatment is common. [Open access] (Source: <i>Diabetes, Obesity and Metabolism</i>)</p>	
<p>GLP-1 RAs and risk of substance use disorders (SUDs) among US veterans with type 2 diabetes: cohort study</p>	<p>GLP-1 RA use consistently associated with reduced risks of developing various SUDs and reduced risks of adverse outcomes in people with pre-existing SUDs. [Open access] (Source: <i>The BMJ</i>)</p>	

Journals: Articles (cont'd)

<p>Type 1 diabetes and incident dementia: an analysis in the All of Us Cohort</p>	<p>Diabetes is associated with elevated dementia risk, with the highest risk among those with type 1 diabetes. (Source: <i>Neurology</i>)</p>	
<p>Trends in cause-specific mortality among people with and without diabetes in high-income settings: a multinational, population-based study</p>	<p>Cardiovascular disease is no longer universally the most common cause of death among people with diabetes in high-income countries. (Source: <i>The Lancet Diabetes & Endocrinology</i>)</p>	
<p>Tubeless automated insulin delivery versus multiple daily injections in children and adults with type 1 diabetes with elevated HbA_{1c} (RADIANT)</p>	<p>Direct transition from MDI to tubeless AID safe and effective in this population. (Source: <i>The Lancet Diabetes & Endocrinology</i>)</p>	
<p>Heterogeneity of treatment effects of glucagon-like peptide-1 receptor agonists for weight loss in adults</p>	<p>Systematic review and meta-analysis finds greater weight loss among women, but efficacy of GLP-1 RAs consistent across other subpopulations. (Source: <i>JAMA Internal Medicine</i>)</p>	
<p>Combined associations of GLP-1 RAs and a healthy lifestyle with cardiovascular outcomes among individuals with type 2 diabetes: a prospective cohort study</p>	<p>Low-risk lifestyle habits combined with GLP-1 RA use associated with a greater reduction in MACE risk than either approach alone. (Source: <i>The Lancet Diabetes & Endocrinology</i>)</p>	
<p>Efficacy and safety of once-daily oral orforglipron compared with oral semaglutide in adults with type 2 diabetes (ACHIEVE-3)</p>	<p>12-month results of head-to-head oral GLP-1 RA phase 3 trial. (Source: <i>The Lancet</i>)</p>	