

# Latest news

Stay abreast of the latest news that could impact diabetes nursing.

## Self-referral to NHS Diabetes Prevention Programme

People who are at high risk of developing type 2 diabetes are now able to refer themselves to the *Healthier You: NHS Diabetes Prevention Programme*, without needing to go through a healthcare professional.

Users can visit the Diabetes UK's [online risk calculator](#). Those who score 16 or more points (denoting medium or high risk of developing type 2 diabetes) can self-refer to the programme. They can choose how they complete the programme, either by joining group sessions by video link or telephone with an experienced coach, or through digital support, which includes online peer support groups and, in some areas, wearable technology.

To learn more, visit: <https://preventing-diabetes.co.uk>

## ABCD launches new audits

The Association of British Clinical Diabetologists (ABCD) has launched two new audits – the first on COVID-19 and diabetes, and the second on DIY closed-loop (artificial pancreas) systems – in July.

The COVID-19 audit aims to explore the clinical features and presentation of people admitted with diabetes and COVID-19. Through capturing detailed real-world data on the clinical presentation, comorbidities, therapies and outcomes, the ABCD hopes to gain better insight into the impact of COVID-19 on those living with diabetes.

The second audit aims to provide objective data on the clinical benefits and potential risks of using unapproved DIY

closed-loop systems, and to determine their effects on glycaemic control, hypoglycaemia, hospital admissions, adverse events and diabetes distress. Advice from Diabetes UK on how to support patients who opt to use these systems ([available here](#)) urges healthcare professionals to ensure the potential risks are emphasised at each clinical encounter. It also endorses this audit programme as a means of assessing DIY closed-loop systems and ensuring that outcomes are recorded.

To learn more and register for the audits, click on the following links:

- [COVID-19 audit](#)
- [DIY artificial pancreas systems audit](#)

## Post-transplant-related diabetes: New guideline launched

New-onset diabetes occurs in 10–40% of solid-organ transplant recipients and is a marker for increased mortality and morbidity (including graft loss) after transplantation. Meanwhile, people with diabetes are particularly prone to developing end-stage renal disease, and thus transplantation is common in this group.

This new guidance from the ABCD and the Renal Association provides comprehensive and up-to-date advice on the detection, management and prevention of post-transplant diabetes.

[Click here](#) to learn more.

## Canagliflozin receives licence to treat diabetic kidney disease

The European Commission has approved the licence extension of the sodium–glucose cotransporter 2 (SGLT2) inhibitor canagliflozin to include the treatment

of kidney disease in people with type 2 diabetes.

People with type 2 diabetes and an estimated glomerular filtration rate (eGFR) between 45 and <60 mL/min/1.73 m<sup>2</sup> can now be initiated on canagliflozin 100 mg. In addition, those with albuminuria (urinary albumin:creatinine ratio >30 mg/mmol) and an eGFR of ≥30 mL/min/1.73 m<sup>2</sup> can now be initiated on canagliflozin 100 mg and be maintained on treatment until dialysis or renal transplantation.

The licence change was granted in light of findings from the [CREDESCENCE trial](#), which showed that the agent improved renal outcomes in people with type 2 diabetes and chronic kidney disease.

## Inpatient diabetes care during the COVID-19 pandemic

Diabetes UK has released a new report into diabetes inpatient care during the COVID-19 pandemic. The report shows that, while a minority of services struggled to maintain required levels of diabetes expertise due to reorganisation of staff, many clinicians felt that the disruption presented opportunities to deliver inpatient services in ways they had always wanted to, including more agile environments and greater use of technology.

As the NHS moves to Phase 3 of its response to COVID-19, hospitals and local systems have until 1<sup>st</sup> September to submit their recovery-phase and winter plans. The report identifies a number of priorities that must be drawn into the plans, including short- and medium-term recommendations.

[Click here](#) to view the report. ■