

# Latest news

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

## Semaglutide launched in UK

Novo Nordisk has announced the UK launch of semaglutide, a once-weekly glucagon-like peptide-1 receptor agonist. It is indicated for treatment of type 2 diabetes as monotherapy when metformin is inappropriate, or in addition to other agents when blood glucose is insufficiently controlled.

The EU licensing of semaglutide is based on results from the SUSTAIN clinical trial programme, which demonstrated superior glycaemic control and weight loss compared with dulaglutide, exenatide once-weekly, sitagliptin and insulin glargine U100, as well as cardiovascular benefits versus placebo in people with type 2 diabetes at high risk of cardiovascular events.

## BNF launches guide to portion sizes

The British Nutrition Foundation (BNF) has launched a practical guide to portion sizes, to help understand which foods to eat, how often and in what quantities to maintain a healthy weight and have a balanced diet. The guide, titled *Find Your Balance*, is designed to complement the Government's Eatwell Guide. It uses simple hand and spoon measurements to help estimate appropriate portions when cooking and serving food.

The advice has been divided into three free resources: a fridge poster providing an overview of the advice; a booklet which expands on how to put the portion guidelines into practice; and

a longer, downloadable digital resource with advice on portion sizes for a wide variety of foods. The guide is available at: <https://bit.ly/2sqStz6>

## New QOF indicators factor in frailty and treatment individualisation in diabetes care

The 2019/20 GP contract sees some major changes to the Quality and Outcomes Framework (QOF), with the removal of 28 indicators, worth 175 points in total, and their replacement with 15 more clinically appropriate indicators from April 2019.

Regarding diabetes-related indicators, the blanket blood pressure, cholesterol and HbA<sub>1c</sub> targets have been removed and replaced with indicators that reduce the potential for overtreatment and iatrogenic harm to patients with moderate or severe frailty, and to reduce the potential for undertreatment of patients without moderate or severe frailty.

Thus, non-frail patients with diabetes will have indicators for blood pressure  $\leq 140/80$  mmHg, HbA<sub>1c</sub>  $\leq 58$  mmol/mol (7.5%) and, for those aged  $\geq 40$  years, a statin for primary prevention (unless they have a cardiovascular risk score  $< 10\%$ ). Frail patients, on the other hand, will only have an indicator for HbA<sub>1c</sub>  $\leq 75$  mmol/mol (9.0%), as well as a statin for secondary prevention.

The current system of exception reporting will be replaced by the more precise approach of the "Personalised Care Adjustment", to better reflect individual clinical situations and patients' wishes.

The changes have been published in the *Investment and Evolution: A five-year framework for GP contract reform to implement the NHS Long Term Plan* document, available at: <https://bit.ly/2Dhn8nc>

## Launch of new hypoglycaemia digital education programme

A new digital education programme has been launched to help educate people with diabetes, parents and carers, teachers, and healthcare professionals on managing the risks and challenges of hypoglycaemia.

The free-to-access "Hypo Program" is a personalised, 12-module, structured education programme and can be completed at the user's own pace. Each module comprises an educational video, supporting resources and a short assessment.

The Hypo Program is a collaboration between Diabetes Digital Media Ltd and Novo Nordisk. It is available for free online at [HypoProgram.com](http://HypoProgram.com), and as an app on [iOS](#) and [Android](#).

## New travel and steroid leaflets from TREND-UK

TREND-UK has published two updated patient information leaflets. [Diabetes and Travel](#) gives essential information on travelling with insulin, while [Type 2 Diabetes and Steroid Tablets](#) gives advice on the best way to manage diabetes alongside steroid treatment.

The documents can be accessed from the [TREND-UK website](#) (free registration required) and can be printed off. ■