

# Insulin Therapy for the Unspecialised Workshop Two

## WEBINAR

Do you work in a Practice with specialised Nurses in Diabetes Management?

Do you still encounter urgent patients on Insulin therapy, in day-to-day practice and sometimes feel deskilled?

This Course is for You!

## Wednesday 22nd November 2023

### All Delegates will receive

- Increased knowledge in Diabetes
- A set of Course downloads
- A certificate for your appraisal portfolio

**Course Accredited for 2 hours CPD**

Introducing your speakers

**Mr Paul Dromgoole** RGN, RNMH, MSc Diabetes, PGCE  
 Clinical Lecturer - Diabetes / Diabetes Specialist Nurse

Paul Dromgoole is well known nationally for his diabetes educational work and his sessions are consistently very highly evaluated by attendees.

**Dr Andreas Tridimas**

Consultant in Chemical Pathology & Metabolic Medicine, Countess of Chester Hospital and Wirral University Teaching Hospital.

## Meet the Speakers ...

### Mr Paul Dromgoole RGN, RNMH, MSc Diabetes, PGCE

Paul has over 20 years' experience in diabetes management in Primary Care and Secondary Care Settings in Brighton, Leicester and York, where he previously worked as a half-time Lecturer Practitioner in Diabetes at the University of York and an External Examiner for the University of Ulster.

He has extensive experience of supporting General Practice in clinical decision making and best practice in diabetes management and his teaching sessions and workshops are consistently highly evaluated for their clinical content, delivery and application to 'real-life' clinical practice.

Paul feels as passionate at being involved in diabetes as 20 years ago, with some excellent therapies, with strong evidence of protecting patients into the future: Importantly, if we can get them 'on board'.

Paul now combines a 2 day a week role as Clinical Nurse Specialist in Diabetes, with freelance Lecturing work throughout the UK.

Outside of work he is a keen Scuba Diver and PADI Dive Instructor and now proud owner of a classic 1947 BSA Motorcycle (any help with kick-starting would be welcome!)



### Dr Andreas Tridimas

Dr Andreas Tridimas graduated in 2010 from the University of Nottingham Medical School (BMBS) with an intercalated BMedSci degree.

His dissertation investigated autoantibody detection to facilitate early breast cancer detection. After moving back to the Northwest, he completed his MRCP exams in 2014 and later FRCPath in 2021. He completed his training in Chemical Pathology & Metabolic Medicine in 2021 and has been a consultant running lipid clinics at Arrowe Park and the Countess of Chester hospitals since. His principal clinical interest is in cardiovascular disease prevention and the management of dyslipidaemias.



## Your Learning Agenda ...

### Insulin Therapy for the Unspecialised

#### Aim of these Workshops

These 2 insulin workshops are aimed at health care professionals (Nurses, GP's, Pharmacists) in primary care. Often in practices, there are HCPs who become practice Leads in Diabetes. While they can acquire great knowledge in this area, other HCPs can potentially become deskilled.

Yet because of the nature of General Practice, seeing many random illnesses in quick succession, all practitioners may need to deal with the immediate problems occurring in patients on Insulin. Sometimes the specialised member of staff is on holiday or days off. All HCPs would therefore benefit from a working knowledge of this key area.

Note: These workshops are not intended to enable HCPs to initiate insulin. For that I suggest you identify a competency-based programme which incorporates an initial mentoring type strategy. Contact your local secondary care Diabetes Centre if you are struggling to identify such a programme.


#### What you should gain from these workshops:

- ▶ A greater awareness of and confidence in the principles of assessment of glucose profiles.
- ▶ An appreciation of the principles of insulin dose adjustment.
- ▶ Understanding of the roles and place of different types of insulin regime.
- ▶ Insight into principles of carbohydrate counting and insulin to carbohydrate ratios.
- ▶ Awareness of the importance of and some strategies for supporting patient empowerment and decision making around insulin dose adjustment.
- ▶ A greater insight into some of the technology currently used to enable patient self-management of their condition.
- ▶ An understanding of 'sick day rules' or managing illness for those on insulin therapy.

#### Workshop 2

- ▶ Clarification and pick up on questions following Workshop 1.
- ▶ Insights into Multiple Injection Therapy (MIT): Who for and how do you support patient self-management of MIT?
- ▶ What can be managed in primary care? What may need referring to secondary (specialist) care?
- ▶ Principles of carbohydrate counting and insulin to 'carb' ratios.
- ▶ 'Flash' glucose monitoring – an overview and criteria for commencing.
- ▶ Case based learning – further examples of blood glucose profiles and interactive discussion.
- ▶ Your questions!

## Programme ...

<b>19:30pm - 20:15pm</b>	<b>Session 1 - Insulin Therapy for the Unspecialised</b> Mr Paul Dromgoole Declaration Paul Dromgoole's personal views.
<b>20:15pm - 20:45pm</b>	<b>Sponsored Symposium: A stepwise approach to lipid management – What more can we do in primary care?</b> Dr Andreas Tridimas, Consultant in Chemical Pathology & Metabolic Medicine, Countess of Chester Hospital and Wirral University Teaching Hospital.  <b>Daiichi-Sankyo</b> This is a Daiichi Sankyo sponsored symposium intended for UK Healthcare Professionals. Daiichi Sankyo medicines will be discussed during this session.
<b>20:45pm - 21:30pm</b>	<b>Session 2 - Insulin Therapy for the Unspecialised (continued)</b> Mr Paul Dromgoole
<b>21:30pm</b>	<b>Webinar Ends</b>

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