## MANAGED CLINICAL NETWORK FOR DIABETES



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**KEY MESSAGES – JANUARY 2017**

**Better Treatment for Type 1 Diabetes**

The Scottish Government have announced a plan to improve the management of type 1 diabetes which will be backed by a £10 million investment. The additional funding will be used to increase the provision of insulin pumps and help to provide more people with continuous glucose monitoring equipment. For more information see <http://news.gov.scot/news/better-treatment-for-type-1-diabetes>

**Diabetes Staff Education**

Bookings are now being taken for the two day diabetes staff education courses which are taking place in 2017. The course covers a variety of topics including Diet and Lifestyle, Injectable Therapies, Oral Medications, Patient Education, Monitoring Diabetes, Diabetes Complications. Please see the website for further information and details on how to book a space:

<http://www.nhsggc.org.uk/about-us/professional-support-sites/heart-stroke-diabetes-rheumatology-and-chronic-pain-mcns/diabetes/diabetes-education/staff-education-and-training/>

In addition to this, staff can further their knowledge in diabetes care by undertaking the diabetes specific modules which are available on LearnPro. A Diabetes education session for staff working within the inpatient mental health setting is also being piloted in March 2017.

**My Diabetes, My Way (MDMW)**

My Diabetes My Way ([www.mydiabetesmyway.scot.nhs.uk](http://www.mydiabetesmyway.scot.nhs.uk/)) is now used by over 10,000 patients who access their records online to help them manage their diabetes. Recent analyses have shown that measures such as HbA1c, weight and blood pressure improve following interaction with MDMW and that patients report improved knowledge and motivation.

If you wish to receive supplies of leaflets and business card to support the promotion of MDMW or would like the team to work with you to support increased uptake within your practice please email [mydiabetesmyway@nhs.net](mailto:mydiabetesmyway@nhs.net). To find out how users of SCI-Diabetes can register patients for MDMW directly, please see the following video guide: <https://youtu.be/jN0DleFoUJU>.

Quarterly reports will continue to be issued showing MDMW registrations and levels of activity associated with all GP surgeries across NHS Greater Glasgow and Clyde to support increased awareness and uptake.

**Alternatives to INSULIN GLARGINE (LANTUS**®**)**

The patent for insulin glargine (Lantus®) has expired. Abasalagar® is the first biosimilar insulin glargine available in the UK. It provides a cost effective alternative at 15% less than the acquisition cost of Lantus®.

Insulin glargine is on the [total formulary](http://www.ggcprescribing.org.uk/formulary/search/?q=INSULIN+GLARGINE). It is indicated for:

* *patients with type 1 diabetes who are at risk of or experience unacceptable frequency and/or severity of nocturnal hypoglycaemia on attempting to achieve better hypoglycaemic control during treatment with established insulins. It is also acceptable as a once daily insulin therapy for patients who require carer administration of their insulin.*
* *patients with type 2 diabetes who suffer from recurrent episodes of hypoglycemia on isophane insulin (NPH) or require assistance with their insulin injections.*

**Where insulin glargine is being considered as an option the biosimilar Abasalagar® is recommended as the preferred choice due to the potential for considerable cost savings.** The two products have similar actions, but should not be regarded as interchangeable. There is a potential for hypoglycaemia if patients are inadvertently switched between brands at the same dose. As with all insulin therapy and biosimilars it is recommended to prescribe by brand and to use the brand in all communications with the GP practice.

**Isophane insulin (NPH) remains the first line insulin choice for those patients with Type 2 Diabetes who require initial insulin intensification.**

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| **Long-acting insulin analogues** | | **Pack of 5** |
| Insulin detemir (Levemir®) (Novo Nordisk) | 3 ml cartridge for NovoPen® 4 or NovoPen Echo® devices | £42.00 |
| Insulin glargine 100 units /ml (Lantus®) (Sanofi-Aventis) | 3 ml cartridge for ClickSTAR® or Autopen 24® | £41.50 |
| Insulin glargine 100 units /ml ( biosimilar) (Abasaglar®) (Lilly) | 3ml cartridge for HumaPen SAVVIO® device or KWIKPEN ® | £35.28 |
| Insulin glargine 300 units /ml (Toujeo®)) Sanofi | 1.5ml | £33.13 (pack =3) |
| Insulin degludec (Tresiba®) (NovoNordisk) | 3 ml cartridge Penfill®,for NovoPen® 4 or NovoPen Echo® devices | £72.00 |
| **Isophane insulins (intermediate-acting insulins)** | |  |
| Insuman Basal® (Sanofi-Aventis) | 3 ml cartridge for Autopen 24® and ClickSTAR® ) | £17.50 |
| Humulin I® (Lilly) | 3 ml cartridge for Autopen Classic® and HumaPen®) | £19.08 |
| Insulatard® (Novo Nordisk) | 3 ml cartridge Penfill®, for NovoPen® 4 or NovoPen Echo® devices) | £22.90 |

**If you would like further information on any of the above or would like to find out more about the Diabetes MCN please get in touch with Gillian Kinstrie, Diabetes MCN Co-ordinator, by email to** [**gillian.kinstrie@ggc.scot.nhs.uk**](mailto:gillian.kinstrie@ggc.scot.nhs.uk) **or by phoning 0141 314 0215.**