**Community Pharmacist Professional Competencies**

1. **Screening, Prevention and Early Detection**

* Be able to identify risk factors for the development of type 2 diabetes.
* Understand the importance and impact of and lifestyle modification in the prevention or delay of type 2 diabetes.
* Be able to provide advice on dietary modification, weight loss and exercise to those at risk of developing diabetes.
* Signpost those who do not wish to engage with the NDPP to other local services that can provide opportunities for lifestyle modification and/or other sources of information and sources of support.
* Be able to describe the symptoms of hyperglycaemia.
* Understand the long-term risks of micro and macrovascular disease.
* Understand the classification of diabetes – types 1 and 2
* Be aware of the need for referral of all newly diagnosed type 2 patients to a structured education and retinal screening programme.
* Be aware of the 8 care processes that should be carried out at least annually on all patients with diabetes

1. **Promoting Self-care**

* Assess motivation to make lifestyle changes.
* Promote informed decision making, and work collaboratively to agree a care plan including realistic goal setting.
* Identify and understand psychosocial and cultural barriers to self-care and lifestyle modification and where appropriate refer on for e.g. mental health support, social prescribing.
* Understand the importance of structured education and encourage attendance.
* Be aware of national and local support and how to access e.g. Diabetes UK, local patient participation groups.
* Understand DVLA guidance on driving with diabetes and assess compliance regularly.
* Understand the importance of flu vaccinations for those with diabetes

1. **Nutrition and Exercise**

* Accurately measure and record height, weight and BMI.
* Understand the principles of healthy diet including cultural preferences regarding food choices.
* Understand the importance of eating regular meals, including some CHO intake if taking Sus or injecting insulin.
* Support referral to weight management services if appropriate.
* Understand the recommendations regarding exercise and its impact on glucose levels and health.
* Signpost to local exercise opportunities.
* Understand the dangers of hypoglycaemia during exercise if taking SUs or insulin.

1. **Glucose and Ketone Monitoring (hyperglycaemia mentioned here)**

* Understand when regular glucose monitoring is and is not appropriate.
* Understand how to perform glucose and ketone measuring using various meters and urine ketone testing.
* Understand the optimal timing and range of glucose measurements, including individualised targets.
* Be able to teach patients how and when to perform glucose testing including safe sharps disposal.
* Understand when a patient should take action for above target blood glucose including hyperglycaemia, including when to seek advice.
* Understand signs and symptoms of hyperglycaemia.
* Identify when ketone testing is necessary, the meaning of results and when to refer.
* Understand sick day guidance including monitoring recommendations. Communicate tailored advice to patients regarding managing illness, medication adjustment and provide written material.
* Recognise when to see further advice and/or arrange admission during acute illness.

1. **Oral Therapies**

* Understand the progressive nature of type 2 diabetes and the need for treatment intensification.
* Be aware of OHAs in common use and understand their indications, contraindications, dosing and common side effects.
* Understand dose ranges and optimal timing of medication.
* Show an awareness of NICE and local prescribing guidelines.

1. **Injected Therapies (removed injection technique..)**

* Understand the indications for initiation of GLP-1 analogues and show an awareness of NICE and local prescribing guidelines.
* Be aware of side effects and serious complications of GLP-1 analogue use and sick day guidance.
* Show a working knowledge of different insulins, and the timings of their onset of action, peak levels and duration.
* Be able to describe the correct storage of insulin.
* Understand the procedure for correct disposal of sharps.
* Understand the importance of glucose monitoring when taking insulin, the recommended timings of tests and the individualised target range of glucose measurements.
* Be able to advise regarding DVLA requirements and insulin.
* Be able to advise about sick day guidance in relation to insulin management.
* Be able to advise about travelling with insulin – storage during plane journeys and timing of insulin injections during travel.

1. **Hypoglycaemia**

* Recognise blood glucose measurements consistent with hypoglycaemia.
* Describe the signs and symptoms of hypoglycaemia.
* Understand the definition of severe hypoglycaemia.
* Ensure that patients who are at risk of hypos. have appropriate monitoring equipment and have been instructed in its use.
* Understand how to treat hypoglycaemia and be able to instruct patients.
* Understand that episodes of hypoglycaemia require review and adjustment of medication.
* Be able to identify patients who are particularly vulnerable to hypoglycaemia e.g. those with impaired renal function.
* Be aware of appropriate blood glucose targets and that tight control is not appropriate for some due to the risk of hypos.
* Be able to recognise those for whom hypoglycaemia is especially dangerous e.g. elderly living alone, regular drivers and adjust medication accordingly.
* Understand DVLA guidance in relation to hypoglycaemia.

1. **Preconception Care and Pregnancy**

* Understand the dangers of poor glycaemic control during pregnancy and the necessity of advising women not to conceive until glycaemic targets have been met.
* Be aware of medications that are contraindicated in pregnancy
* Be aware of the need for folic acid 5mg for women planning to conceive.
* Understand the importance of glucose monitoring 6 weeks after delivery in women with gestational diabetes.
* Understand the increased risk of developing 2DM in women with a history of GDM and the importance of annual glucose monitoring.

1. **Cardiovascular Disease**

* Be able to competently perform blood pressure measurement and be aware of the possibility of ‘white coat’ hypertension and the usefulness of home or ambulatory recordings.
* Show an awareness of appropriate treatment thresholds and treatment targets for blood pressure and lipid management
* Be aware of drugs used for blood pressure and lipid management, their indications, contraindications and common side effects.
* Show an awareness of risk factors for cardiovascular disease including miocroalbuminuria and erectile dysfunction.
* Be able to discuss the importance of lifestyle measure such as weight control, diet, exercise and smoking cessation in reducing CV risk.

1. **Nephropathy**

* Understand the importance of annual ACR measurements.
* Understand the importance of good blood pressure and lipid control, stopping smoking and weight management in reducing the risk of CKD progression.
* Be aware of impact of CKD on glycaemic control, especially the risk of hypoglycaemia.
* Be aware of dose modification and contraindications for diabetic medications in impaired renal function.

1. **Neuropathy**

* Be able to instruct patents on the importance of foot surveillance, when to take action and appropriate footwear.
* Be aware of and take steps to control risk factors for the development of foot problems including poor glycaemic, blood pressure and lipid control, smoking and reduced ability to self-care.
* Be aware of painful diabetic neuropathy and available treatment options
* Be aware of erectile and other sexual dysfunction and advice appropriately about medication and onward referral.
* Be aware of autonomic neuropathy and its role in postural hypotension, bladder and bowels dysfunction.

1. **Retinopathy**

* Understand the importance of annual retinopathy screening and encouraging patients to attend.
* Understand the importance of good glycaemic control, blood pressure control, lipid management and stopping smoking in retinopathy prevention and progression.
* Refer people with reduced vision for access to visual aids.
* Understand the importance of regular retinopathy screening during pregnancy.