

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

Commented [TG1]: At present pharmacists cannot refer directly to the NDPP but they should be aware of it and signpost to GPs to discuss it.

2. 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

3. 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.

4. 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.

5. 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.

6. 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.

7. 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.

8. 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.

Commented [TG2]: Again suggest that this is discussed with the GP.

9. 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 microalbuminuria 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.

10. 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.

11. Neuropathy

- Be able to instruct patients 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.

12. 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.