



CME / CE Activity Detail Page

Managing Type 2 Diabetes: New Guidelines are Transforming Medication Use Monograph

Activity Start Date: June 1, 2022

Activity Termination Date: May 31, 2025

Available at: AlosaHealth.org/Diabetes

This activity offers CE credit for:

1. Medicine (AMA)
2. Nurses (ANCC)
3. Other

All other attendees will receive a Certificate of Attendance

Faculty / Authors

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Dawn Whitney, M.S.N./Ed., R.N. is a Clinical Educator at Alosa Health. She is a lecturer in the School of Nursing and Health Sciences at the University of Massachusetts - Boston and Bouvé College of Health Sciences at Northeastern University.

Ellen Dancel, PharmD, M.P.H., is the Director of Clinical Materials Development at Alosa Health.

Statement of Need

The goal of the educational program is to provide practitioners with up-to-date evidence-based treatment recommendations for type 2 diabetes, including individualized glycemic target, choice of glucose-lowering medications based on cardiovascular outcome data, and treatment simplification to avoid hypoglycemia.



The educational program has several components, which include:

- Written evidence report (print monograph for CME / CE Credit)
- Summary document of 4-5 key messages
- “Academic detailing” educational sessions in physicians’ offices with trained outreach educators (pharmacists, nurses, physicians) who present the material interactively
- Reference cards for easy access to key materials
- Patient education information (brochure/tear-off sheets)

This program works to synthesize the current clinical information on this topic into accessible, non-commercial, evidence-based educational material, which is taught interactively to providers by specially trained clinical educators.

For decades metformin has been the backbone of type 2 diabetes treatment but recent data suggests starting with other medications, such as a glucagon-like peptide-1 receptor antagonist (GLP-1 RA) or a sodium-glucose co-transporter 2 inhibitor (SGLT-2i), reduces cardiovascular disease while helping patients reach an HbA1c goal. Clinicians need to understand this new recommendation and the evidence supporting it.

Learning Objectives:

Upon completing this activity, participants will be able to:

- Define an HbA1c target: 7% for most patients, modifying the goal (to <8.5%) for many frail older patients.
- Select initial treatment based on relevant comorbidities and HbA1c lowering need.
- Identify patients 1.5% or more above their goal to initiate treatment with two medications, within weeks of diagnosis.
- Revise treatment, adding insulin when other agents are not sufficient to achieve HbA1c goal.
- Plan to continuously promote weight control, exercise, and adherence to medications.

Financial Support

There is no commercial support associated with this educational activity.

Target Audience

The educational program is designed for clinicians practicing internal medicine, primary care, family medicine, and geriatrics, and nurses and other health care professionals who deliver primary care



Credit Information



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INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, this activity has been planned and implemented by CME Outfitters, LLC and Alosa Health. CME Outfitters, LLC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

CME Outfitters, LLC, designates this enduring activity for a maximum of 2.25 *AMA PRA Category 1 Credit(s)*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This activity is designated for 2.25 nursing contact hours.

Note to Nurse Practitioners: Nurse practitioners can apply for *AMA PRA Category 1 Credit*™ through the American Academy of Nurse Practitioners (AANP). AANP will accept *AMA PRA Category 1 Credit*™ from Jointly Accredited Organizations. Nurse practitioners can also apply for credit through their state boards.

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Faculty:

Dr. Chaitoff, Dr. Avorn, Dr. Rome, Dawn Whitney, M.S.N./Ed., R.N., Dr. Dancel and Susan Yarbrough, CHCP have no relevant financial relationships to disclose.

Content Reviewers:



Ole-Petter Riksfjord Hamnvik, M.B., Ch.B., is an Assistant Professor of Medicine at Harvard Medical School and an endocrinologist at Brigham and Women's Hospital. Dr. Hamnvik has no relevant financial relationships to disclose.

Scott J. Hershman, MD, FACEHP, CHCP has nothing to disclose.

Disclosures were obtained from the CME Outfitters, LLC staff: Nothing to disclose.

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