

## The mentor's role supporting PITstop students: handout

The Programme for Injectable Therapy (PITstop) is a 2.5-day course for primary care healthcare professionals, concentrating on the skills required to deliver an enhanced diabetes service around initiating and supporting people with type 2 diabetes on injectable therapy.

In order to grow in both confidence and competence it is vital for students to practice using the skills in their clinical practice. In order to gain university accreditation (15 credits at diploma level), they are expected to complete at least four insulin starts, two GLP-1 Receptor Agonist starts, an annual review with a person on insulin and show evidence of offering insulin titration advice.

**The mentor's role** is to support the student to embed the skills into their clinical practice:

- sitting in on pre-arranged clinics and supporting students initially, then becoming the observer / assessor
  - a) inviting patients on two or more oral agents with an HbA1c above their agreed target to discuss adherence and treatment escalation
  - b) inviting patients on insulin or GLP-1 Receptor Agonists already who are struggling with their glycaemic control (ideally patients with HbA1c's between 58mmol/mol and 75mmol/mol)
- looking at case notes and discussing treatment options
- retrospectively discussing patient's progress (if students have completed review appointments alone)
- ensuring students have completed the required number of insulin and GLP-1 starts and an annual review
- observing and discussing competencies outlined on the competency assessment sheet
- signing the clinical assessment and the student's reflective report within 12 months of the initial two days of the course (preferably earlier) and returning them to the course coordinator.

### Criteria to become a mentor:

- be a member of the specialist diabetes (community or hospital) team
- be an advanced Diabetes Practitioner in primary care, with a university accredited course (e.g. Warwick University: Intensive management of type 2 diabetes) and actively using the skills required around initiating and supporting people on injectable therapy
- be an industry sponsored diabetes specialist nurse who has attended the one-day PITstop mentorship course and has local agreement to be part of the mentor team.

It is advisable for mentors to be familiar with the PITstop pathway and patient handbook and the PITstop general rules.



**Mentor's log**

Date	Visit details	Constructive comments