

# PITstop® improves primary care healthcare professionals' confidence in supporting people with Type 2 diabetes and more complex needs

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PITstop® (Programme for Injectable Training) is an accredited advanced diabetes course for primary care healthcare professionals (HCP). The course focuses on the practical aspects of supporting people with Type 2 diabetes on more complex medication regimens, including initiating/titrating/adjusting injectable therapies.

**Aim:** To determine if the PITstop® course influences participant's confidence in supporting people with Type 2 diabetes.

**Method:** 56 general practitioners and practice nurses attended a 2.5-day PITstop® course between September 2011 and January 2013. A minimum of nine months later (September 2013) past participants were asked to complete a survey focusing primarily on their confidence before and after the PITstop training. The survey included questions on supporting people with Type 2 diabetes in review appointments, initiating GLP-1 receptor agonists (GLP-1RA), and/or insulin, and optimising treatment regimens (including complex oral regimens and insulin).

**Results:** Out of 56 participants, 23 responded. Results are presented as "confidence pre-training" vs. "confidence post-training".

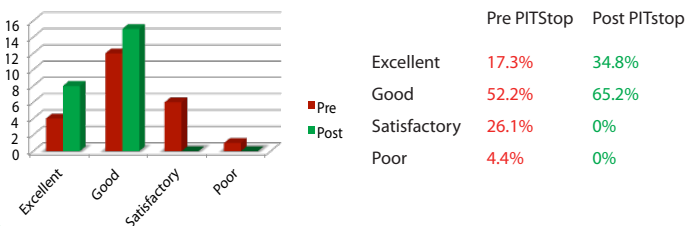
## Supporting people with Type 2 diabetes in review appointment



## Initiating basal insulin therapy



## Managing complex oral agents



## Titrating insulin



## Initiating GLP-1 RA therapy



## Changing insulin regimens



**Conclusion:** When assessed at a minimum of nine months post course (range 9-24months), PITstop® training improves HCP confidence in delivering enhanced diabetes services, particularly in:

1. Initiating GLP-1RA therapy.
2. Initiating insulin therapy.
3. Titrating insulin dosages.
4. Changing insulin regimens.

The overall effect is enhanced HCP confidence in supporting people with Type 2 diabetes in follow-up review appointments and long-term management.