

Competency assessment

Student No:

No.	Competency. You must be able to do the following: The term 'individual' refers to the patient. Please include both relatives and carers where appropriate.	Self-assessment Do you consider yourself to be competent?	If no, what can I do or what support do I need?	Discussion points with mentor, including date competency reached
Current medication regimen (Please refer to Trend UK competency framework 6.7 for more detailed oral agent competencies)				
1.	Demonstrate knowledge of the Type 2 diabetes treatment pathway from current NICE guidance and local guidelines (if available).			
2.	Assess the effectiveness of current medication and lifestyle therapies with the individual in managing their diabetes.			
3.	Demonstrate understanding of the range of oral agents currently available and their mode of action.			
Collaborative partnership				
4.	Work in partnership with the individual in a manner which encourages open communication and an honest exchange of views.			
5.	Support the individual to achieve their documented goals and action plans (care plan).			
6.	Help individuals express and manage their fears and anxieties when they are considering, starting and managing their injectable therapy.			
GLP-1 therapy: specific				
7.	Assess the clinical case of the individual to start GLP-1 therapy.			
8.	Identify licensed GLP-1 Receptor Agonists, know how to demonstrate the associated injection devices and where to access supporting patient resources.			



9.	Help the individual understand choices, issues, risk and benefits in commencing GLP-1 therapy enabling them to make an informed decision.				
10.	Agree the use of other medication with GLP-1 therapy, clarifying what will be continued and what will be reduced or stopped.				
11.	Demonstrate knowledge of the PITstop GLP-1 care pathway, including follow-up, education, care planning and audit. Discuss how individualised care may need to be adapted from the structured care pathway recommendations and future care following the 6-month review.				
12.	Initiating GLP-1 therapy: <ul style="list-style-type: none"> • discuss with the individual their confidence and ability to self-manage • support the individual or carer in administering a dummy injection • agree timing of their first and subsequent injections • explain the starting dose and when this will be reviewed. 				
13.	Recognise when GLP-1 therapy needs to be adjusted or stopped.				
Insulin therapy: specific		Self-assessment	If no, what can I do or what support do I need?	Discussion points with mentor, including date competency reached	
14.	Assess the clinical case of the individual to start insulin therapy.				
15.	Identify licensed insulins, know how to demonstrate associated injection devices and where to access supporting patient resources.				
16.	Help the individual understand choices, issues, risk and benefits in commencing insulin enabling them to make an informed decision.				
17.	Agree the use of other medication with insulin, clarifying what will be continued and what will be reduced or stopped.				
18.	Demonstrate knowledge of the PITstop insulin care pathway, including follow-up, education, care planning and audit recommendations. Discuss how individualised care may need to be adapted from the structured care pathway recommendations and future care following the 6-month review.				



19.	<p>Initiating insulin therapy:</p> <ul style="list-style-type: none"> discuss with the individual their confidence and ability to self- manage or facilitate appropriate support support the individual or carer in administering a dummy injection agree timing of their first and subsequent injections calculate and explain the starting dose. 				
20.	Support individuals to set appropriate blood glucose targets and to adjust their own insulin dose using structured titration guidance.				
21.	Recognise when insulin needs to be adjusted, intensified or stopped and know how to access specialist support.				
22.	Complete an insulin safety e-learning module. Example: Six steps to insulin safety. Free CPD module www.cpd.diabetesonthenet.com				
23.	Demonstrate knowledge of the DVLA requirements when a person starts insulin for: group 1 license holders, taxi drivers in your local area and know how to access information for group 2 license holders considering insulin.				
General injectable therapy competencies		Self-assessment	If no, what can I do or what support do I need?	Discussion points with mentor, including date competency reached	
24.	<p>Help the individual and carer understand:</p> <ul style="list-style-type: none"> principles and techniques of injecting insulin or GLP-1 therapy in accordance with the FIT guidance www.ft4diabetes.com/uk how to obtain supplies using a repeat prescription appropriately issues of safe storage and disposal of equipment. 				
25.	Identify when safety needles/devices are required. Refer to FIT guidance www.ft4diabetes.com/uk section 9.				
26.	Discuss and plan appropriate home blood glucose monitoring depending on treatment.				



27.	Assess and reinforce the individual and carer understanding of the causes of hypoglycaemia and how to prevent and manage it.			
28.	Review and agree with the individual guidelines for managing illness.			
29.	Gather information on the individual's patterns of sleep, eating, diet, activity, and the timing and doses of their medication.			
30.	Provide information to help the individual improve their understanding of the effects of eating, diet, patterns of activity, illness and diabetes medication has on their diabetes, on both their day-to-day glucose control and the prevention of long-term complications.			
31.	Discuss how eating patterns and the amount and type of carbohydrate consumed impacts on blood glucose levels.			
Record keeping				
32.	Record the progress that has been made in a form that can be followed by other members of the care team and the individual and carer.			
33	Demonstrate knowledge of the Read Codes for insulin conversion and conversion to non-insulin injectable therapy ready for future audits.			

Mentors signature:

Mentor's comments:

