

Programme stream learning objectives

Cardiovascular Disease & Hypertension Stream

This stream focuses on all aspects of cardiovascular disease in relation to diabetes, both prevention and treatment of people with diabetes and existing cardiovascular disease, or heart failure. All aspects of the cardiovascular disease will be covered including epidemiology, screening processes and organisation of such care, diagnosis and latest management, with data from both high, and low and middle-income countries welcomed. Therapy areas could include lifestyle factors, established cardiovascular risk reduction therapies and anti- diabetic medicines.

Learning Objectives

After attending sessions in the Cardiovascular Disease & Hypertension stream, the participant will be able to understand:

- Understand the main risk factors for cardiovascular risk in diabetes
- Understand drivers towards heart failure in diabetes, and how these compare and contrast those with coronary heart disease
- Understand that treatment of lipids and blood pressure has substantial benefits in diabetes and, where relevant, to discuss appropriate treatment targets
- Understand how processes of care can be simplified to aid cardiovascular risk reduction in diabetes
- Understand the evidence base treatments designed to lower glucose now available for lessening cardiovascular disease
- Apply the evidence-based research to the management of cardiovascular disease and heart failure in diabetes

Eye & Kidney Stream

This stream focuses on clinically important aspects of the devastating late complications diabetic retinopathy and diabetic nephropathy (kidney disease). The stream will highlight how common eye and kidney disease are and what the consequences are; how to identify the individuals with these complications early enough to be able to treat and improve the

prognosis of the affected individuals; why these complications affect a subset of individuals with diabetes; how to treat eye and kidney disease with “standard-of-care” tools and how to implement novel treatment options; how eye and kidney complications affect the adherence to treatment as well as the psychological well-being not only from the “care provider’s” but also from the “patient’s” perspective.

Learning Objectives

After attending sessions in the Eye & Kidney stream, the participant will be able to understand:

- How to screen for diabetic eye and kidney disease with currently available tools and what potential new tools there are emerging
- How common eye and kidney disease are and what are the consequences for an individual with these complications
- Why some people with diabetes develop eye and kidney disease while others do not
- How to treat eye and kidney disease according to standard of care but also to become familiar with the promising novel treatments to reduce the burden of these complications

Foot & Neuropathy Stream

This stream focuses on all aspects of diabetic neuropathy including both somatic and autonomic. It will also focus largely on lower limb problems in diabetes particularly neuropathy, peripheral arterial disease, and diabetic foot disease. Within the last of these will be an included section on Charcot neuroarthropathy. All aspects of the neuropathies and diabetic foot problems will be covered including epidemiology, screening, diagnosis and latest management. In the area of the diabetic foot, a major section will be on prevention of amputation and early management of diabetic foot infections.

Learning Objectives

After attending sessions in the Foot & Neuropathy stream, the participant will be able to understand:

- Understand the multiple manifestations of neuropathy both somatic and autonomic
- Understand that early diagnosis of neuropathy by screening is advocated in the prevention of later complications
- Understand that there are no cures for somatic or autonomic neuropathy, but many treatments, which will be outlined in the stream
- Achieve a broad understanding of the pathogenesis and potential prevention of diabetic foot problems
- Understand the evidence base treatments now available for managing diabetic foot problems and foot infections
- Apply the evidence-based research to the management of neuropathy and foot problems in day-to-day clinical practice

Covid-19 & Diabetes Stream

On 30 January 2020, the World Health Organization (WHO) declared the COVID-19 outbreak a Public Health Emergency of International concern. On March 11, the epidemic was upgraded to pandemic. As of April 2021, approximately 125 million people have been infected and nearly 3 million have died across the world. People living with chronic conditions like diabetes have been disproportionately affected and are at higher risk of severe complications from the virus. Clinical management of people with COVID-19 and diabetes has been challenging because many diabetes medicines have facilitated the reception of the virus and its severity. Studies have also indicated that exposure to COVID-19 can precipitate onset of type 1 and type 2 diabetes. This stream aims to address all these issues with the latest evidence available.

Learning Objectives

After attending sessions in the COVID-19 and Diabetes stream, the participant will be able to understand:

- The current evidence on the links between diabetes and COVID-19 and the way forward
- Hyperglycemia and COVID-19 prognosis
- An overview of diabetes and COVID-19 across the world

- Issues on cardiovascular risk management in people with diabetes with COVID-19
- The impact of diabetes as a risk factor for mortality in hospitals
- Non-insulin anti-diabetic agents in people with type 2 diabetes and COVID-19
- The management of diabetes and hyperglycemia in people hospitalised with COVID-19 in multiple countries (India, Brazil, USA)

Living With Diabetes Stream

To understand diabetes and its complications, it is pivotal to understand and identify an individual's experience of diabetes and the thoughts, emotions and contexts that can regulate diabetes self-management behaviours. It is the extent to which a person living with diabetes can engage with the demands of their diabetes that will have a significant impact on their risk of diabetes complications. Diabetes complications are associated with multiple psychological and social factors, both as precipitants of risk and as a consequence of the physical impact of the complication. Complications can be driven by and also lead to significant psychological morbidity, particularly in relation to depression, anxiety and eating disorders. Therefore, it is essential to consider the psychosocial drivers and sequelae of diabetes complications in order to prevent and manage the physical impacts of diabetes. Hence, the focus of this stream is on the experiences of people with diabetes in the context of diabetes complications.

Learning Objectives

After attending sessions in the Living with Diabetes stream, the participant will be able to understand:

- How the experiences of people living with diabetes mediate the risks for, and experiences of diabetes complications
- The interplay between psychological factors such as person's emotional relationship with diabetes and diabetes complications
- How an individual's social and cultural context can determine the risk of complications focussing on health inequalities, age and health literacy

- The relationship between specific psychological morbidities (depression and eating disorders) and the risk and management of diabetes complications
- The lived experience of diabetes complications in relation to foot and kidney disease