

## RCN Diabetes Forum Annual Report 2024

### **Forum Name & Introduction:**

#### **Diabetes Forum**

Representing RCN members working in the field of diabetes nursing, we lead the development of diabetes nursing practice, promoting the nature, scope, and value of diabetes nursing to both specialist and non-specialist nurses. We work to influence changes in practice and guidance, to benefit patients and nurses.

Diabetes presentations can occur in any setting; therefore, our work is to continuing amplifying the voice of nursing in diabetes care, recognising the requirement of high-quality learning resources to support nursing staff in practice. Many challenges are still present around stigma, health inequalities and service provision variation and our work to continue building on these issues to offer solutions in practice will support our members no matter their clinical setting.

### **Membership of the forum:**

Summary on the forum membership, to include:

- Any trends - Increase/decrease of membership on previous year with commentary on what may have attributed to the change
  - Current forum count: 7302 and first choice: 3008
  - Last forums count 12 months ago: 6798 and first choice 12 months ago: 2807
  - Therefore in 12 months seen increase in forum count of 504 members with an increase in first choice of forum of 201 members – *a 7.41% increase in count overall*
  - Increase attributed to enhanced engagement with members through social media, use of MCC and providing educational webinars to maximise awareness and visibility of the forum
  - Additionally, many forum committee members and the Professional Lead have attended in-person events to promote the forum and discuss the benefits with members
  
- Committee membership – vacancies, number of applications this year
  - 1x member standing down from committee due to term ending
  - 2x vacancies present on the steering committee
  - Deputy chair successful in application for formal vice chair position as of 2025
  - 6 applications to the steering committee, 2 x successful candidates following interview starting 2-year terms as of Jan 2025

### **Reflections on 2024 (Outputs and outcomes)**

- Provide some narrative on what the forum planned to deliver and achieved in 2024  
For example, this may include:

- FGG projects submitted and approved – types of activity
  - No FGG projects requiring approval this year
  - Main project on ‘key principles of neurodiversity’ which was QA approved and is an online resource therefore no funding required
  
- Events (including webinars) and conferences

- RCN and EDEN collaboration webinar – ‘CGM in real time nursing with an introduction to HCL’ 220 attendees, 698 registered for attendance, which was open to all of nursing workforce working in any setting – see full training report for feedback:



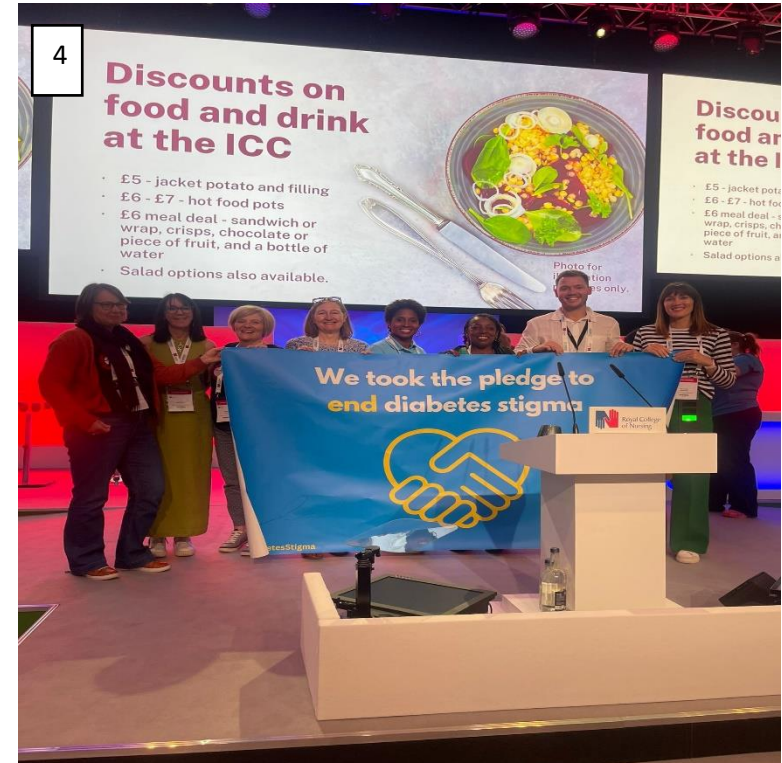
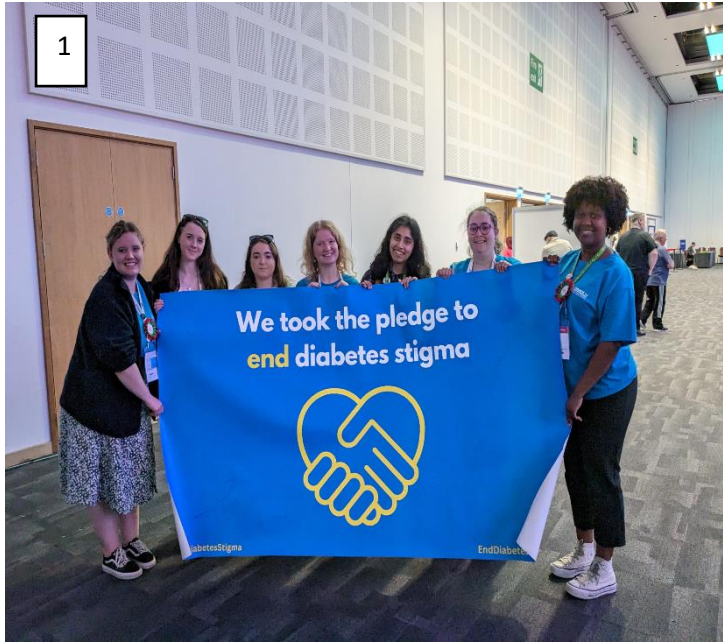
RCN\_Eden CGM  
Post Training Report

- European Association of Study for Diabetes Conference Madrid 2024 – Whilst not formal RCN representation, both Vice Chair and Professional Lead attended and discussed RCN forum work with many RCN members who are working in diabetes and long-term condition settings
  - Diabetes Professional Conference 2024 – Whilst again not formal RCN representation, both Vice Chair and Professional Lead attended and had discussions with RCN members around the work of the diabetes forum and encouraging members to join the forum
  - Best Practice Birmingham 2024 – Professional Lead attended in RCN capacity to present around long-term conditions, particularly lipid management in context of diabetes, with relevant discussion with members about the work of forum and how to join
  - Primary Care Conference 2024 – Chair invited to attend to discuss work of the RCN and how can support nursing staff working in clinical areas who support patients living with diabetes
- Congress-related information – resolutions/ matters for discussion submitted
- No items for discussion or resolution submitted
  - Successful launch of the RCN sign up to ‘end diabetes stigma global campaign’ with signature edition of CEO and General Secretary Nicola Ranger
- Collaboration/ projects with stakeholders e.g. colleges, DOH
- Diabetes UK – *Collaboration around workforce support for nursing staff in terms of diabetes prevention and promotion of wellbeing, also consideration of a webinar series event reviewing the 8 care processes from a nursing staff perspective.*
  - diaTRIBE – *Successful sign up as an organisation to the ‘End Diabetes’ global campaign and engagement members to sign up individually also*
  - TREND – *Survey with our RCN members to review what type of resources may be useful for practice around diabetes management, education, health promotion etc. and in discussion around possible collaboration for future TREND conferences*
  - EDEN – *Successful collaboration for webinar event and discussion for possible further educational webinars to take place in 2025*
  - Diabetes Africa – *Initial discussions around working relationships, possible collaboration webinar around their diabetes footcare toolkit for nursing staff and review of collaboration for future conferences*
  - NHS England – *Review working partnership regarding promotion of online structured education activities and support for the development of General Practice and Primary Care Nursing Core Capabilities Framework*
  - RCNi – *Involvement of Vice Chair and Professional Lead in high engagement diabetes related webinars with up to 800 healthcare professionals in attendance*
  - Disability Rights UK – *Links to provide lived experience of members with disabilities including living with diabetes for any future RCN work*
- Projects that were delivered and have closed
- Successful RCN organisation sign up to the global ‘end diabetes stigma campaign’ which will continued to be promoted at the RCN Diabetes Conference in February 2025. The Forum launched the “End Diabetes Stigma and Discrimination at Congress, the use of the poster,

generated significant engagement among members. It sparked discussions on what diabetes means to nurses and healthcare support workers (HCSWs) on a personal level. Many shared stories about the stigma their family members experience living with diabetes, and the conversation naturally extended to the health challenges faced by nurses themselves. We connected with Diabetes UK (DUK), who were present at Congress, sharing this campaign with them too. They also noted that many nurses approached them to talk about their own health, living with diabetes, or their risk of developing it. These conversations alerted us to the urgent need to prioritise the well-being of our members. It also facilitated communication between other forums, connecting us with the General Practice Nurse (GPN), Learning Disabilities (LD), HCSW, and Student Nurse Forums. Our General Secretary, Nicola Ranger, highlighted the importance of this initiative and the collective effort required to address diabetes stigma.

- Successful update of the diabetes essentials resource to include Continuous Glucose Monitoring and Hybrid Closed Loop systems
  - Publication via the Health and Safety Wellbeing Team of the Health Ability Passport: Long Term Conditions to support members in the workplace including those living with diabetes
- What has been the main highlight/s of the year for the forum?
- Successful RCN organisational sign up to the 'End diabetes stigma campaign' with additional physical signature from CEO and General Secretary Nicola Ranger and many RCN members at Congress 2024
  - High engagement collaboration webinar between RCN and EDEN on 'CGM in real time nursing with an introduction to HCL' with 220 attendees
  - Growth of membership (see trends above)
  - 2 x successful applications to the steering committee including student representation
  - CGM Essentials update around CGM/HCL in practice to support members
  - Professional Lead with forum involvement in the development of the 'General Practice Nurse and Primary Care Nursing Diabetes Core Capabilities Framework' with NHS England
- What has been the impact of the work undertaken by the forum for the RCN membership (consider 4-country perspective)?
- Increased membership (see trends above)
  - RCN and EDEN webinar collaboration across 4-country with high engagement webinar of over 200 healthcare professionals' attendance
  - Committee and link nurse membership inclusion of members from dissolved nations including Scotland and Wales
  - CGM updates via webinar and the diabetes essentials resource to support practice nationally
  - Successful organisational sign up to the 'End Diabetes Stigma Campaign' with promotion at congress to members across all 4 countries
- Are there any informatics or pictures of the forum activity that could be included?  
(*Permission to share photos gained from all individuals in photos below*)
- Photos:
1. Student nurses Forum
  2. Committee members: Tamsin Fletcher- Salt and Deputy Chair Amanda Williams with HCSW colleagues.
  3. General Secretary Nicola Ranger and Michelle Turner Chair with Forum members
  4. GPN Forum and Professional Lead Callum Metcalfe- OShea.
  5. Diabetes Forum Strategy Day 2024









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- How/what action has the forum committee taken to engage with the wider membership e.g. development of link nurse or expert reference group etc. Indicate any changes or developments:
    - Chair working closely with RCN Public Health Forum to develop podcast series to engage with wider membership of members working in public health roles in relation to diabetes care
    - Creation of first draft of an RCN Diabetes forum newsletter to attract membership to send via MCC to members
    - Building stakeholder relationships with external organisations such as Diabetes Africa, DUK etc. to ensure appropriate member representation
  - In the way that communications take place and what has been the impact
    - The forum steering committee has been more active on social media including official RCN Facebook page and individual committee members have been active through personal LinkedIn and X accounts to share RCN information and events – however the RCN diabetes still do not have formal X account to do this
    - Creation of first draft of an RCN Diabetes forum newsletter to attract membership to send via MCC to members
    - Video series of each forum committee member uploaded to Facebook to showcase to the forum members who the committee are and their backgrounds
    - Using polls via official RCN Facebook account to gather insights and direct member feedback on certain forum activities – reaching over 500 members in total across 2 polls
    - Using MCC regularly to keep members up to date and informed of any forum related work

- Highlight any changes or different ways of working that has been implemented this year
  - Using working/focus groups of members to support with project developments
  - Becoming more active via official RCN and committee personal social media accounts to reach members and improve engagement
- Publications (include link if possible)
  - Diabetes essentials update to include chapter on CGM/HCL relevant for all nursing staff in any clinical setting - [Diabetes essentials | Clinical | Royal College of Nursing \(rcn.org.uk\)](https://www.rcn.org.uk/clinical/diabetes-essentials)
- Contribution to Consultations/Policy development e.g. NICE guidelines
  - SIGN 171: Management of diabetes in pregnancy, *Steering committee contributed to review and comments to the above guidance*
  - NICE Ng242 Diabetic retinopathy: management and monitoring, *Steering committee contributed to review and comments to the above guidance*
  - Feedback and comments for the NHS England General Practice Nurse and Primary Care Nursing Diabetes Core Capabilities Framework
  -
- Any other relevant information or highlights
  - Currently 537 Facebook members with an increase in membership of approx. 120 members since Jan 2024
  - Student addition to forum committee membership to ensure representation
  - Increased national presence with external organisations that nursing staff working with patients living with diabetes (including successful collaborations such as DUK, EDEN, TREND etc.)

#### **RCN Representations:**

The Chair of the Diabetes Forum has been particularly active in representing the diabetes forum this year, having attended the following events for representation:

- Ensuring Equitable Access to Glucose Sensing Technology for Type 2 Insulin Users – *Able to raise concern over access to training for nurses in CGM. Also raised the challenges nurses face when not being able to follow NICE guidance when the local formulary does not allow this coupled with patients being aware of this guidance and may be impact on practice.*
- Obesity Alliance – *RCN diabetes forum chair contributed to the Obesity Alliance position statement, highlighting the impact social isolation plays and the role of Social Prescribers. This involvement has led to collaborative working with Luke Evans Deputy Chair of Public health leading to: Planning of a Health of Society Podcast with Dr Angela Meadows and Helen Reggins from Nutriri to highlight the stigma and blame people living with obesity feel and the need to address wider health issues than weight management alone. Webinar delivery on physical activity to address workforce health, Sustainability, Inequalities and prevention of LTC. An opportunity to bring CEO of Disability Rights UK Kamran Mallick to a future Podcast.*

**Plans for 2025:**

- Completion and publication of the forum's 'Key principles of supporting neurodiversity' work in which the Diabetes Forum will lay the foundation for other forums to add own templates to support other areas of clinical practice
- Leading the RCN Diabetes Conference in Feb 2025 with many of the committee members presenting widely on topics linked to the RCN Diabetes Essential Resource
- Attendance at national conferences including Diabetes UK Professional Conference
- Discussions with Nursing Support Worker Chair to explore support around diabetes education
- Focus on supporting nursing staff living with diabetes and those who are at risk of diabetes to maintain health and wellbeing in the workplace in collaboration with external organisations such as DUK and Diabetes Africa

**Name of Forum Chair: Michelle Turner**

**Name of Professional Lead: Callum Metcalfe-O'Shea**

**Date Prepared: 12/11/2024**