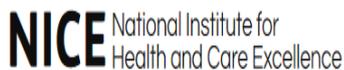


September 2017 NIPC Alliance e-Bulletin

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NEW NICE GUIDELINES ON TYPE 2 DIABETES PREVENTION IN PEOPLE AT HIGH RISK



The NICE guidelines for Type 2 Diabetes prevention have been updated this month to include recommendations for referral for patients at high risk of the condition to a local, evidence-based, quality-assured intensive lifestyle change programme.

The updated guidelines include recommendations on:

- **risk assessment and risk identification**
- **physical activity**
- **weight management and dietary advice**
- **vulnerable groups**
- **metformin and orlistat**

You can access these updated guidelines [here](#)

HOT OFF THE PRESS!

Women with heart disease less likely to reach treatment targets than men

According to new research carried out in Europe, Asia and the Middle-East involving over 10,000 patients with coronary heart disease, women are not as likely to achieve reduction goals for cholesterol and blood sugar levels, are not as physically active and are 40 per cent less likely to attend cardiac rehabilitation than their male counterparts. Read [more](#)

Lowering the cost of fruit and vegetables increases consumption

Safefood have highlighted US research that posits a theory that discounting the price of fruit and vegetables by up to 50 per cent promotes their purchase and intake, encouraging shoppers to buy 4.6 times more fruits and vegetables and eat 2.5 times more of these foods. Read [more](#)

Untreated sleep apnea shown to raise metabolic and cardiovascular stress

A new study of sleeping subjects published in *The Journal of Clinical Endocrinology & Metabolism* has found that untreated sleep apnea, even for a few days, can increase blood sugar and fat levels, stress hormones and blood pressure, resulting in a higher risk for cardiovascular disease and diabetes. Read [more](#)

One in 12 deaths could be prevented with 30 minutes of exercise five days a week, finds study

One in 12 deaths could be prevented if all adults undertook 150 minutes of physical activity every week, a new study has found. Researchers tracked over 130,000 people aged between 35 and 70 in 17 countries worldwide and found that completing 30 minutes of exercise five days a week is associated with a reduced risk of death and cardiovascular disease, regardless of whether the activity is recreational or part of a participant's daily work or transport. The study also highlights physical activity as an affordable CVD prevention measure and how it is more attainable for people in low and middle income countries than access to fruits and vegetables and generic drugs. Read [more](#)

DIABETES SELF-MANAGEMENT ALLIANCE: THIRD INTERNATIONAL CONFERENCE – 9TH & 10TH NOVEMBER, GALWAY

This year, the Third International Conference hosted by the **Diabetes Self-Management Alliance** will be held on the **9th & 10th November 2017** in the Institute for Lifecourse and Society (ILAS) **NUI Galway, Ireland**.

This is the 3rd conference by this International Alliance and offers an important multi- and inter-disciplinary perspective in the area of patient education research, self management support as well as research into prevention of diabetes and approaches to helping people living with diabetes (and other chronic diseases) better manage their condition.

The programme and link for registration is available [here](#)

Diabetes Self-Management Alliance
An international collaboration

Diabetes Self-Management Alliance:
Moving Forward with Self-Management

Day 1 Thursday 9th November

Opening Address
Sean Dinneen, National Lead, Diabetes Clinical Programme

Addressing Emotional Health:
A 30 Year Journey
Christal Hendricks, Clinical Psychologist, Academic Centre for Behavioural Research

Personal Approaches to Diabetes Prevention
Matthew Fagg, Deputy Director, Reducing Premature Morbidity, TUSC
Martin Cassidy, Senior Quality Improvement Lead, HSE, UK

Launch of the HSE National Framework for Self-Management Support (SMSC) for Chronic Conditions
Workshop of Choice: 3 (based on local feedback)

Key Learning: A Person with Diabetes Empowered
Gestures Firmly

Workshops:
Choose 3 out of 4 Workshops

A. Learning from the world of sports psychology: Processes to increase expertise in diabetes self-management
B. Harnessing technology for diabetes self-management support
C. Resistance to change among healthcare professionals
D. Putting Prevention into practice – a clinical reality or an aspiration?

Networking Dinner – Ardara Hotel

Day 2 Friday 10th November

Summarising Research through Public and Patient Engagement
Molly Byrne, HSE Research Leader and Senior Lecturer, MCH

Workshops:
Choose 3 out of 4 Workshops

E. Incorporating self-management support into undergraduate curricula for healthcare professionals
F. Changing our approach to newly diagnosed type 1 diabetes: can we change early education to improve HbA1c trajectory and psychosocial outcomes?
G. Social support in managing diabetes
H. Understanding attendance at diabetes structured education as behaviour?

Panel Discussion:
The Diabetes Self-Management Alliance: Moving Forward

Heather Daly, HSE Consultant, Lecturer, UK
Hazel Waring, Research Manager, HSE Diabetes Care, UK
Sean Dinneen, National Lead, Diabetes Clinical Programme

To register for the Conference please log onto www.conference.ie
No later than the 6th October 2017

Logos: HSE Research Council, NUI Galway, HSE, HRB, EASD, NIPC

NIPC TRAINING AND EDUCATION EVENTS

More Information

Motivational Interviewing (Level 1) Oct 3rd & 4th 2017

This two-day course aims to equip you to confidently and successfully support patients with complex lifestyle behaviour change.

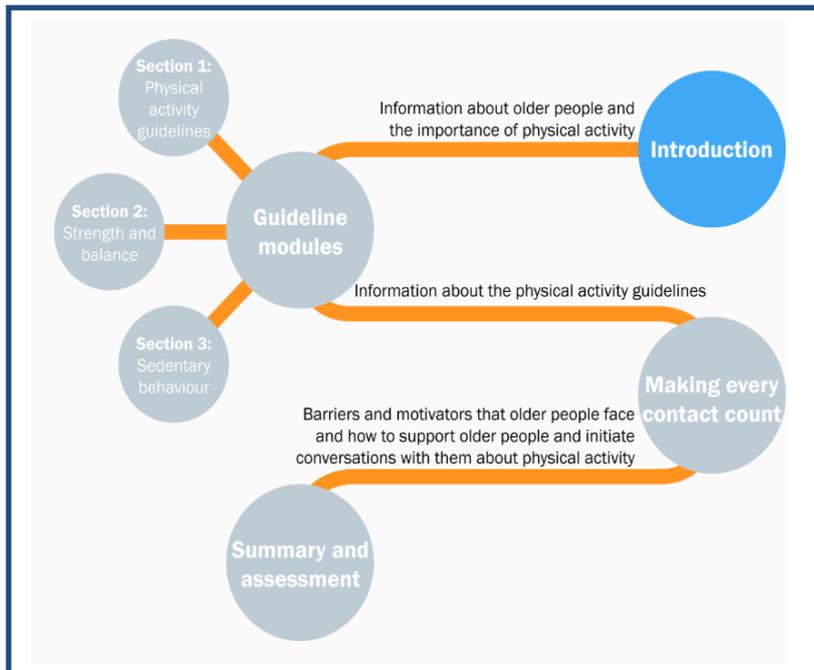
More Information

Motivational Interviewing (Level 2) Nov 30th & Dec 1st 2017

Building on the introductory level 1 course to further extend practitioner skills in Motivational Interviewing in the context of behaviour change.

SPECIAL FEATURE: ENCOURAGING PHYSICAL ACTIVITY IN OLDER ADULTS

A free e-learning resource to provide information in encouraging physical activity in older adults has been developed by the National Centre for Sport & Exercise Medicine, East Midlands in conjunction with Public Health England. The course has been designed for healthcare professionals to learn how to promote the benefits of exercise for older adults and in particular those who are beginning to experience a decline in their physical function (also known as “in transition”).



The course covers:

- * information about the guidelines on physical activity for older adults, and how they particularly apply to older adults in transition
- * practical examples of the various ways in which older adults in transition can meet the recommended guidelines
- * information on the risk of physical inactivity and the benefits of meeting the recommended guidelines
- * practical tips on how to broker conversations with older adults in transition in every contact, across professional settings
- * suggestions and signposts to tools on how to evaluate and monitor the impact of conversations with older adults



Making every contact count



You can read more about this resource and how to apply to access it [here](#)

BLS FOR HEALTHCARE PROVIDERS – 25TH OCTOBER 2017

We have very limited places remaining on our upcoming **BLS for Healthcare Providers** course on **Wednesday, 25th October**. This course is practical and is DVD led with the support of an experienced facilitator in a ratio of 6 students to 1 facilitator. There will be many practice scenarios throughout the course to facilitate learning and the course content covers:

- Overview of 2010 AHA Guidelines for CPR and ECC Science Update
- How to perform cardiopulmonary resuscitation (CPR) on adults, children and infants as a single rescuer and as part of a team
- How to manage choking in all age groups
- How to use an automated external defibrillator (AED) in adults, children and infants
- Ventilation skills using a pocket mask and bag-valve mask
- Rescue breathing skills in a community setting

Book your place [here](#)

NIPC National Institute for Preventive Cardiology

CRV Centre for Lifelong Training

Basic Life Support (BLS) for Healthcare Providers

Qualify in BLS or renew your certification – sign up today

This internationally certified (2 years) course targets any healthcare professional (such as doctors, nurses, physiotherapists) working in hospitals or clinical settings with the skills to recognise sudden cardiac arrest in all age groups, activate the appropriate emergency response and commence CPR in a timely manner with use of an AED as soon as it becomes available.

This course is practical and is DVD led with the support of an experienced facilitator in a ratio of 6 students to 1 facilitator. There will be many practice scenarios throughout the course to facilitate learning.

Course content:

- Overview of 2010 AHA Guidelines for CPR and ECC Science Update
- How to perform cardiopulmonary resuscitation (CPR) on adults, children and infants as a single rescuer and as part of a team
- How to manage choking in all age groups
- How to use an automated external defibrillator (AED) in adults, children and infants
- Ventilation skills using a pocket mask and bag-valve mask
- Rescue breathing skills in a community setting

Crei Heart and Stroke Centre,
Moyola Lane, Newcastle, Galway

COST:
NIPC Alliance Members Rate: €100
Standard Rate: €115

Join the NIPC Alliance today for FREE.
Log on to www.nipc.ie

Approved for 6 NMBI CEUs and 5 ICPSP CPD Credits and 2 SMC Study Leave Sessions

DON'T MISS OUT!

REGISTER YOUR PLACE FOR THE 2017 NATIONAL PREVENTION CONFERENCE [HERE](#)

Professor Rick Grobbee

President of the European Association of Preventive Cardiology
The Ten Most Ground Breaking Advances in CVD Prevention

Dr Ambrose McLaughlin

Chairman, Heartbeat Trust, Former Secretary General, Department of Health
Challenges & Opportunities for Preventive Healthcare in Ireland

Professor Sanjay Sharma

Medical director for Virgin London Marathon,
Consultant Cardiologist for the CRY Sports Cardiology Clinic at St George's Hospital, London
Youth, Sport and Athletes: Can We Predict Events?

Professor David Wald

Consultant Cardiologist, Wolfson Institute of Preventive Medicine
Child Screening and Prevention Matters in FH

Professor Patricia Kearney

Professor of Epidemiology, University College Cork
Population-Based Eradication of Diabetes – Myth or Reality?

Dr David Unwin

RCGP National Champion for Collaborative Care and Support Planning in Obesity & Diabetes UK,
RCGP Clinical Expert in Diabetes, NHS Innovator of the Year 2016
Innovations that Work in Revolutionising Diabetes Care in Everyday Clinical Practice

Professor Aaron Peace

Consultant Cardiologist Altnagelvin Hospital, Visiting Professor University of Ulster; Honorary Senior Lecturer RCSI
Remote Control of Atrial Fibrillation

Dr Catriona Jennings

Immediate Past-President of the European Society of Cardiology Council on Cardiovascular Nursing and Allied Professions
(European Perspective)

&

Elaine Robinson

Honorary Clinical Fellow, NUI Galway; CNS, RNP, CTTTS Smoking Cessation Service, Saolta University Health Care Group, Letterkenny University Hospital
(Irish Perspective)

Controversial E-Cigarette Debate - No Smoke Without Fire?



SATURDAY

18TH
NOVEMBER
2017

PLUS

Expert Opinion Session Prevention Matters - What Must Be Done!

Six Experts
Have Their Say

Six leading experts take to the floor for a fast firing “soap box” session. Experts confirmed include **Professor Ian Graham** (Chair of the CVD Prevention Council); **Professor Ken McDonald** (National Clinical Lead for Heart Failure); **Professor Sean Dinneen** (National Clinical Lead for Diabetes); **Dr Susan Connolly** (Consultant Cardiologist); **Dr Damien Griffin** (Specialist in Familial Hypercholesterolemia); and **Dr Jenni Jones** (Reader, Specialist Interest CVD Prevention).

CROI
Fighting Heart Disease & Stroke



NUI Galway
OÉ Gaillimh

The NIPC was established by CROI and is an affiliate of NUI Galway
To contact NIPC: Tel: +353 (0)91893299 Email: info@nipc.ie Website: www.nipc.ie