

# DNIG Diabetes Nurses Interest Group

Speaking out for Diabetes Prevention and Management

DNIG NEWSLETTER | Spring 2024

DNIG.ca |  @DNIGRNAO

## MESSAGE FROM THE CHAIR

Lisa Herlehy

**G**reetings to DNIG members across Ontario  
As I write this I am looking out the window at a snowless Ottawa in early March reminding me again of the impact of global warming on our planet. There are many issues confronting us today as we strive to create a healthier society. At times they can seem overwhelming. But we nurses are a naturally curious and passionate bunch and we have power in numbers. RNAO's recent Queen's Park Day is a good example of nurses coming together on issues that create barriers to health and leading change through political action. Read more in this newsletter for a first hand view.

Recently we have had some successes particularly in the provision of diabetes care.

National Pharmacare developments include universal coverage for diabetes medications and contraception. This is a major win however we must be unrelenting in our efforts to lobby provincial governments to roll out this initiative in a consistent, timely and easily accessible manner.

Prescribing medications and authorization to make a diagnosis in certain situations has been added to scope of practice for RNs in Ontario which is the culmination of many years lobbying. While diabetes medications are not yet on the list, many nurses working in diabetes education and support would agree that the ability to prescribe would significantly ease the burden of clients living with diabetes given the potential opportunity to provide timely holistic care.

Keeping abreast of the latest research and development of diabetes medications, as well as funding can be challenging for the busy clinician. In this issue, Morgan Lincoln RN, CDE, reflects on recent changes with medications in her practice environment.

As always we encourage you to look through financial support opportunities for educational support be it through courses or conferences, virtual or in person. If you have any questions send them along to [dnig.info@gmail.com](mailto:dnig.info@gmail.com). ■



## CALL FOR NOMINATIONS

# DNIG Elections

The call for new executive members is coming soon so watch your inboxes.

RNAO home office has set rotating schedules for executive nursing officer (ENO) positions. This year Social Media, Policy & Political Action and Student Representative positions will receive calls for nominations. In addition as the Chair position was not filled last year please consider putting your name forward. The current Chair, according to RNAO bylaws has completed its term and must be replaced.

If you have any questions or wish to discuss any of the positions please send along to [dnig.info@gmail.com](mailto:dnig.info@gmail.com) and we will be in touch. ■

# DNIG

## DNIG provides:

- support for continuing nursing education
- a network for information sharing and professional collaboration
- advocacy on quality of care and professional nursing



## Queen's Park Day 2024

**O**n February 29, Lisa Herlehy and Sepelene Deonarine (Policy Executive Nursing Officer) attended Queen's Park Day (QPD) in Toronto. This annual event provides an opportunity for nurses to meet with their Provincial Parliament Members (MPPs) to lobby for action on specific issues that are currently having an impact on the health care of Ontarians.

This year's theme centred around a call to politicians to educate themselves and advocate for Equity, Diversity and Inclusion (EDI) in health care following the Black Nurses Task Force recommendations for layering EDI into nursing and health policy. Included in attendees background information to share were fact sheets on "The Nursing Crisis and the experience of Black nurses" and "Take aways from lived experience of Black nurses and nursing students" prepared by RNAO policy department in collaboration with the task force. Within this context specific concerns were raised and request for government support including:

- Compensation
- Workload management
- Provision management
- Provision leadership training
- Increasing career opportunities
- Expanding nursing education pathways
- Increasing nursing education seats and funding
- Registering international educated nurses
- Returning nurses to the workforce
- Eliminating racism and discrimination

The day began early with breakfast with MPPs where discussions were held followed by an opportunity to sit in the gallery for question period at Queen's Park. During question period RNAO and individual constituents were acknowledged by MPPs.

There were a number of issues raised in question period that are relevant to nurses in Ontario today. The [hansard](#), a record of house proceedings, is always available to the public so that it may stay abreast of conversations in the government.

In the afternoon, the group moved to Trinity College for a question and answer session with Ontario leaders. A recording of the afternoon is available on [YouTube](#). ■

### REPORT

## Assembly Meeting

On March 1, Chairs and Policy Executive Nursing Officers (ENOs) gathered at the Chelsea Hotel. President and CEO reports were followed by Member's Voices where chapters and interest groups highlight their initiatives and concerns. In the afternoon there was a very popular workshop on speaking to the media. The meeting closed at 1600h. Members look forward to the AGM in Toronto in June where all are welcome to attend. ■

### WEBINAR RECAP

## Preparing for your CDE

On March 7 over 40 DNIG members gathered again this year via Zoom for a presentation which covered Canadian [Diabetes Educator Exam](#) (CDE) topics including certification eligibility, exam content, and study tips. Esmond Wong, pharmacist and CDE has provided his expertise for many years helping prepare candidates for success on this exam.

Twelve lucky winners have received support for further study with Esmond through his [program](#).

DNIG is grateful for this collaboration and in particular for the opportunity to support nurses in Ontario as they seek to advance their role in diabetes care.

Thank you to everyone involved in this very successful evening. ■

POLICY AND POLITICAL ACTION REPORT

# Community engagement

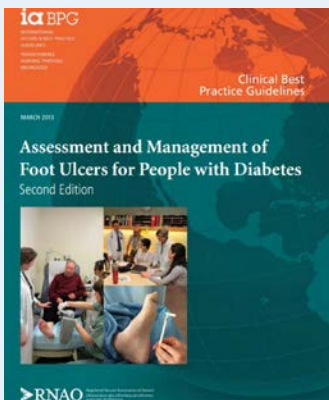
Sepelene Deonarine

1. Presented on **Diabetes Education** at Black history event in Scarborough. About 500+ in attendance for the 5-hour event. Engaged with Councillors, MPPs and attendees (Feb 3, 2024).
2. Attended another event with Scarborough MP and MPP. Discussed what DNIG/RNAO does to raise the awareness of **health and nursing** issues in the professional and community environment. A lot of discussion on the new Diabetes medication coverage (Feb 25, 2024).
3. Attended the opening of Lakeridge Health's **Jerry Coughlan Health & Wellness Centre**. Engaged with political leaders on all levels. Ajax MPP Patrice Barnes agreed to attend RNAO QPD on Feb 23, 2024 after discussing issues there. ■

## Diabetes Canada and the Public Health Agency of Canada NATIONAL SURVEY

Complete the [national survey](#) which focuses on one's experience or thoughts about diabetes programs and initiatives in Canada.

## RNAO BEST PRACTICE GUIDELINES UPDATED FOOT ULCERS BPG



The RNAO diabetic foot ulcers [BPG](#) has been updated and will be sent out for stakeholder review next month. Sepelene will contribute to the stakeholder review so stay tuned for the new guidelines.

NEWS

# Government of Canada Introduces Legislation for First Phase of National Universal Pharmacare

On February 29, 2024, the Honourable Mark Holland, Minister of Health, introduced Bill C-64, *An Act respecting pharmacare* (Pharmacare Act), which proposes the foundational principles for first phase of national universal pharmacare in Canada and describes the Government of Canada's intent to work with provinces and territories (PTs) to provide universal, single-payer coverage for a number of contraception and diabetes medications.

The Minister also announced the government's plan to establish a fund to support Canadians' access to supplies that people living with diabetes require to manage and monitor their condition and administer their medication, such as syringes and glucose test strips.

According to the Government of Canada, this legislation is an important step forward to improve health equity, affordability, and outcomes and has the potential of long-term savings to the health care system.

It remains to be seen however, what the provincial uptake of this planned program will be. So far Alberta and Quebec are seeking the right to opt out. Ontario is remaining neutral thus far, waiting for more details.

In the end it will be up to citizens to demand of their provincial governments that they work with their federal counterparts to ensure that this Bill is not another one that was simply "an idea." ■

# What's New(ish) in Diabetes Management

Morgan Lincoln, RN, MA, CDE

The world of diabetes management is continuously evolving, with new medications, updated best practice guidelines and novel treatment approaches (e.g. diabetes remission). Here are a few updates that have occurred in the field of diabetes management over past months:

## 1. Diabetes Canada Clinical Practice Guidelines (CPGs)

Previously updated every 5 years, the CPGs will now be updated on an as needed basis. This change will ensure that various chapters remain up-to-date and reflect the latest research.

The chapter on [Hypoglycemia](#) is the most recent update which occurred in October 2023. The classification of hypoglycemia is now aligned with international guidelines:

Level 1	Level 2	Level 3
<ul style="list-style-type: none"> <li>• Glucose level below normal (often between 3.0 and 3.9 mmol/L)</li> <li>• Associated with autonomic symptoms</li> <li>• Without neuroglycopenic symptoms or changes to mental status</li> </ul>	<ul style="list-style-type: none"> <li>• Glucose level below normal (often &lt;3.0 mmol/L)</li> <li>• Associated with neuroglycopenic symptoms</li> <li>• Without significant impact on mental status</li> <li>• With or without autonomic symptoms</li> </ul>	<ul style="list-style-type: none"> <li>• Glucose level below normal (regardless of glucose reading)</li> <li>• Associated with neuroglycopenic symptoms resulting in significantly altered mental/physical status</li> <li>• Requires assistance to treat</li> </ul>

## 2. Mounjaro (tirzepatide) & Ozempic (injectable semaglutide)

Great news! The shortages of **Ozempic** that were affecting 0.25/0.5 mg and 1 mg pens reportedly resolved in January and February of this year. Although not widespread in my practice location, the shortages had caused some stress and/or treatment plan changes for a small number of clients I work with.

As of December 29, 2023, **Rybelsus** (oral semaglutide) is

covered by the Ontario Drug Benefit program for use by people living with Type 2 diabetes. This may be an alternate option for individuals who would prefer not to take injectable medication. Check out [Dr. Sue Pedersen's blog](#) for more information on Rybelsus research.

**Mounjaro**, a newer GIP/GLP1 receptor agonist, is (theoretically) [available in Canada](#) in vial and syringe format, however I believe that its use is also currently impacted by national shortages. Here is a [recent article](#) comparing Mounjaro and Ozempic.

## 3. Biosimilar Insulins & Insulin Samples

People with diabetes who (1) are covered by the Ontario Drug Benefit program and (2) using biologic forms of insulin have now [transitioned to their biosimilar counterparts](#):

Current Biologic	Biosimilar Version(s)
NovoRapid (insulin aspart)	Trurapi Kirsty
Humalog (insulin lispro)	Admelog
Lantus (insulin glargine)	Basaglar Semglee

There have been some changes in the availability of insulin samples over recent months.

For example, certain premixed insulin samples may no longer be available, or may be available in cartridge format only. This may impact equity-deserving clients who relied on diabetes educators for insulin samples. For some clients, it may be worthwhile to consider advocating for a change to basal-bolus regime so that they can access various compassionate supports (e.g. [NovoNordisk Care Program](#)).

## 4. Conferences

For those who missed Vascular 2023 in Montreal this past October, many of the presentations are currently [available on demand](#) for a fee of \$160. (Keep in mind that NP/RN DNIG members can apply for conference funding to help support your learning goals. Applications can be found at the end of this newsletter). ■

# DNIG Scholarships and Bursaries

## Start Planning for 2025

For the past 18 years, DNIG has supported continuing education for members in diabetes nursing care and prevention. In 2023, we offered the four bursaries listed below through the Registered Nurse Foundation of Ontario (RNFOO). Successful candidates will be announced soon.

If you have been a DNIG member for at least one year and are considering further education, watch the RNFOO website for the call for applications in late 2024 at [www.rnfoo.org](http://www.rnfoo.org). ■

### **Diabetes Nursing Interest Group (DNIG) Northern Students Tuition Support Award (1 x \$1000)**

To support a **Registered Nurse**, or a **graduating baccalaureate nursing student** in advanced education (certificate or degree) focusing on diabetes education/ care for persons living with diabetes, and who demonstrates commitment to the cause of diabetes. Applicants must be a member of the RNAO Diabetes Nursing Interest Group, have held membership for at least one year prior to application, and be living or working outside in Region 11 or 12. (A nursing student studying outside of Region 11 or 12 must provide proof of a permanent address within the designated area.)

### **Diabetes Nursing Interest Group (DNIG) Scholarship (1 x \$2,000)**

To support a **Registered Nurse** pursuing education (continuing education or degree) in the area of diabetes education and care specific to type 2 diabetes. Applicants need not be enrolled in a degree program. Preference will be given to applicants who demonstrate commitment to diabetes education and care with urban or rural communities with an Indigenous population. Nurses of Indigenous origin are encouraged to apply. Applicants must be a member of the RNAO Diabetes Nursing Interest Group and have held membership for at least one year prior to application.

### **Diabetes Nursing Interest Group (DNIG) Research Award (1 x \$3000)**

This award will support a **graduate level student** in either a PhD, MScN or MN program who is conducting research focused on education, prevention, or management of diabetes. Applicants must have a **completed research proposal** that has been submitted for ethics approval. As well, applicants must be a member of the RNAO Diabetes Nursing Interest Group and have held membership for at least one year prior to application.

### **Diabetes Nursing Interest Group (DNIG) Special Projects in Diabetes Award (1 x \$1000)**

To support to a **Registered Nurse or Nurse Practitioner** completing a special project with a focus on people with, or at risk for, diabetes. Applicants need not be enrolled in a degree program. The applicant must have proof of significant interest in diabetes research, education, and/or care, and be currently practicing, or intending to practice, in the field. As well, applicants must be a member of the RNAO Diabetes Nursing Interest Group and have held membership for at least one year prior to application.

## UPCOMING CONFERENCES

# 2024

### The Diabetes Kinship Circle

#### Workshops through IDEA Diabetes

*Virtual workshops, as scheduled*

See the Diabetes Kinship Circle Report ([nada.ca/the-diabetes-kinship-circle-report](https://nada.ca/the-diabetes-kinship-circle-report)) and sign up for a workshop.

[idea-diabetes.com](https://idea-diabetes.com)

### Obesity Update Congress

**April 11, 2024**

*InterContinental Toronto Centre and Virtual*

This 1st edition of the Obesity Update congress serves as a prelude to the esteemed 11th Annual Diabetes Update.

[obesityupdate.ca](https://obesityupdate.ca)

### Diabetes Update Congress '24

**April 12–13, 2024**

*InterContinental Toronto Centre and Virtual*

A hybrid medical congress that unites diabetes healthcare professionals from coast to coast in Canada.

[diabetesupdate.ca](https://diabetesupdate.ca)

### Virtual DiabetesEd™ Training Conference

**April 17–19, 2024**

*Virtual*

3 days, 30+ CEs. 3 experts

Attendees will get new tools and a refreshed understanding of the latest advances in person-centred diabetes care. The team highlights the ADA Standards of Care, medications, behaviour change, technology, medical nutrition therapy, and more! Our instructors co-teach the content to keep things fresh and lively.

[diabetesed.net/virtual-diabetesed-conference-2024/](https://diabetesed.net/virtual-diabetesed-conference-2024/)

### American Diabetes Association's 84th Scientific Sessions

**June 21–24, 2024**

*Orlando, Florida and Virtual*

[professional.diabetes.org/scientific-sessions](https://professional.diabetes.org/scientific-sessions)

### Diabetes Congress 2024 – 7th World Congress on Diabetes & Endocrinology

**June 24–25, 2024**

*Valencia, Spain*

A premier scientific event that aims to provide a platform for researchers, scientists, clinicians, and industry professionals to exchange knowledge, present their research findings, and

discuss the latest advancements in the field of diabetes and endocrinology.

[diabetes.inovinemeetings.com](https://diabetes.inovinemeetings.com)

### ADCES24 (formerly AADE)

**August 9–12, 2024**

*New Orleans*

Diabetes care, education and technology.

[adces.org](https://adces.org)

### 2024 Diabetes Canada/CSEM Professional Conference

**November 20–23, 2024**

*Halifax Convention Centre*

Learn about significant advances in diabetes research, treatment and care, attend original research presentations and take part in information sharing with leading diabetes, endocrinology, and related field experts.

[diabetes.ca/get-involved/conferences-\(1\)/csem-professional-conference](https://diabetes.ca/get-involved/conferences-(1)/csem-professional-conference)

# 2025

### ADA 2025 Clinical Update Conference

**January 31–February 2, 2025**

*Orlando, Florida and Virtual*

Attendees learn practical guidance from diabetes care experts on the latest evidence and newest clinical practice recommendations and are a part of the first in-depth discussion on what's new in the annually updated Standards of Care in Diabetes—with an emphasis on application.

[clinicalupdate.diabetes.org](https://clinicalupdate.diabetes.org)

### IDF World Diabetes Congress 2025

**April 7–10, 2025**

*Bankok, Thailand*

[idf.org](https://idf.org)

### 2025 Diabetes Canada/CSEM Professional Conference

**November 26–29, 2025**

*Metro Toronto Convention Centre*

[diabetes.ca/get-involved/conferences-\(1\)/csem-professional-conference](https://diabetes.ca/get-involved/conferences-(1)/csem-professional-conference)

If you require additional information or have any questions, please contact the DNIG executive at [dnig.info@gmail.com](mailto:dnig.info@gmail.com)



# Conference Funding Application

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Name

---

Address

City

---

Province

Postal Code

Phone

---

Email

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RNAO membership #

DNIG Membership duration

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Employment status    Full time    Part time

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Employer

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Please tell us about the conference you wish to attend, approximate distance and your anticipated mode of transportation:

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\* **NOTE:** For reimbursement of agreed upon amount, an **expense report** and all receipts are to be submitted to DNIG, no later than 1 month following conference completion. Recipients are also asked to submit a **written report** on their experience to DNIG executive to share with membership.

**Please attach a 1-page document (maximum 500 words) outlining why you qualify for this funding.**

This brief personal summary must include:

1. Identified professional objectives for attending the diabetes conference.
2. Identified involvement (past/present) in diabetes professional practice/DNIG.
3. Identified strategy for sharing learning with nursing colleagues.

Please supply one professional reference:

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Name

Phone number

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I certify that all information contained in this application is true and accurate.

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Applicant signature

Date

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Please send completed scanned applications and any questions to DNIG executive at [dnig.info@gmail.com](mailto:dnig.info@gmail.com).



# Virtual Conference Funding

Virtual learning experiences continue to be sponsored by DNIG. You are invited to submit your application for one (1) of ten (10) educational awards to attend a virtual conference, symposium, workshop or course.

These bursaries were developed to support the studies and clinical capabilities of all members. Each bursary, up to a maximum of \$500.00, will be awarded to cover virtual event registration fees.

#### Eligibility:

- Candidates must be DNIG members for one year or longer.
- Nine (9) non-student members and one (1) student member.
- Virtual programming is for 4 hours or longer.
- Content is relevant to the care of persons with diabetes.

## Application Process Guidelines

1. Complete the application form.
2. Submit application form at least 14 days before the start of the event to [dnig.info@gmail.com](mailto:dnig.info@gmail.com).
3. Selected bursary recipients will be asked to provide the official registration receipt and proof of event attendance. ■

# Virtual Learning Funding Application

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_

Postal Code \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

RNAO membership # \_\_\_\_\_ DNIG Membership duration \_\_\_\_\_

Employment status  Full time  Part time

Employer \_\_\_\_\_

Please tell us about the conference you wish to attend:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**\* NOTE:** For reimbursement of agreed upon amount, all receipts are to be submitted to DNIG, no later than 1 month following event completion.

**Please attach a 1-page document (maximum 500 words)** to your application form stating your learning objectives and the relevance of the event's information for your professional nursing activities

I certify that all information contained in this application is true and accurate.

Applicant signature \_\_\_\_\_ Date \_\_\_\_\_

Please send completed scanned applications and any questions to the DNIG executive at [dnig.info@gmail.com](mailto:dnig.info@gmail.com).