

From the Chief Medical Officer  
**Dr Michael McBride**



Department of  
**Health, Social Services  
and Public Safety**

[www.dhsspsni.gov.uk](http://www.dhsspsni.gov.uk)

AN ROINN

**Sláinte, Seirbhísí Sóisialta  
agus Sábháilteachta Poiblí**

MÁNNYSTRIE O

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an Fowk Siccar**

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**Circular HSC (SQSD) (NICE) 14/09 CG 66**

Chief Executives of HSS Boards – **for distribution to:**

Directors of Public Health  
Directors of Nursing  
Directors of Pharmaceutical Services  
Directors of Primary Care – for cascade to prescribing and GP  
Advisors

Chief Executives of HSC Trusts – **for distribution to:**

Medical Directors – for cascade to relevant staff  
Directors of Nursing – for cascade to relevant staff  
Directors of Pharmaceutical Services – for cascade to relevant  
staff

Date: 5 February 2009

General Practitioners

HSC Clinical and Social Governance Leads

Chief Executives of HSC Special Agencies and NDPBs

**For Information**

Chairs of HSS Boards  
Chairs of HSC Trusts  
Chief Executive, Regulation & Quality Improvement Authority  
Chief Officers HSC Councils  
Chief Executive/Postgraduate Dean, NIMDTA  
Chief Executive, NIPPET  
Chief Executive, NIPEC  
Chief Executive, RMSC

**Dear Colleagues**

**Clinical Guideline No 66- Type 2 diabetes: the management of type 2 diabetes (update)**

The advice in this NICE guideline covers:

- the monitoring of glucose, lipid (blood cholesterol and fat) and blood pressure levels
- diabetes education programmes
- dietary advice

the use of medications to:

- control blood glucose
- prevent vascular (blood vessel) disease
- reduce blood pressure
- improve lipid levels

the detection and ongoing management (with referral to a specialist if necessary) of:

- eye disease
- kidney disease
- nerve damage and nerve pain
- depression

DHSSPS advises that this guidance is valid for Northern Ireland and endorses it for implementation in HSC.

The full NICE clinical guideline is available for download at:

<http://www.nice.org.uk/Guidance/CG66>

The HSC sector also should note that;

1. The Department expects HSC organisations to take account of this guidance in the planning and delivery of services to patients with Type 2 Diabetes.
2. This advice does not override or replace the individual responsibility of health professionals to make appropriate decisions in the circumstances of their individual patients, in consultation with the patient and/or guardian or carer. This would, for example, include situations where individual patients have other conditions or complications that need to be taken into account in determining whether the NICE guidance is fully appropriate in their case.
3. This guideline will be reviewed by NICE in May 2012.
4. NICE has developed tools to help organisations implement this guidance. These are available at <http://www.nice.org.uk/Guidance/CG66> and include costing tools, implementation advice and audit criteria to monitor local practice.
5. Nice has developed related guidance and this can be accessed at
  - Hypertension (CG34) for download at <http://www.nice.org.uk/Guidance/CG34>
  - Obesity (CG43) for download at <http://www.nice.org.uk/Guidance/CG43>
  - Depression (CG23) for download at <http://www.nice.org.uk/Guidance/CG23>
  - Cardiovascular disease – statins (TA94) for download at <http://www.nice.org.uk/guidance/index.jsp?action=byID&o=11564>
  - Vascular disease (TA90) for download at <http://www.nice.org.uk/guidance/index.jsp?action=byID&o=11558>
  - Type 1 diabetes (CG15) for download at <http://www.nice.org.uk/guidance/index.jsp?action=byID&o=10944>
  - Four commonly used methods to increase physical activity for download at <http://www.nice.org.uk/guidance/index.jsp?action=byID&o=11373>
  - Diabetes in pregnancy (CG 63) for download at <http://www.nice.org.uk/guidance/index.jsp?action=byID&o=11946>

- Lipid modification (CG67) for download at <http://www.nice.org.uk/guidance/index.jsp?action=byID&o=11982>
- Hypercholesterolemia (TA132) for download at <http://www.nice.org.uk/guidance/index.jsp?action=byID&o=11886>
- Smoking cessation services for download at <http://www.nice.org.uk/guidance/index.jsp?action=byID&o=11925>
- Physical activity and the environment for download at <http://www.nice.org.uk/guidance/index.jsp?action=byID&o=11917>
- Brief interventions and referral for smoking cessations for download at <http://www.nice.org.uk/guidance/index.jsp?action=byID&o=11375>

All NICE guidance endorsed by the Department to date can be accessed on the DHSSPS website at:

<http://www.dhsspsni.gov.uk/sqsd-guidance-nice-guidance>

Circular HSS (PPMD) (NICE) 01/006 issued on 30 June 2006 provides further information on the Northern Ireland process for reviewing NICE guidance and further details on the local status of the Institute's guidance. This circular can be accessed at:

[http://dhsspsni.gov.uk/nice\\_guidance\\_01-06.pdf](http://dhsspsni.gov.uk/nice_guidance_01-06.pdf)



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