



The Point

June 2021

Making diabetes care better, less frustrating and more fun since 2008

IN THIS ISSUE:

- In-person diabetes education groups resume!
- New videos on sfghdiabetes.org
- Bydureon BCise pen now available (original pen discontinued)

IN-PERSON DIABETES EDUCATION GROUPS RESUME

After a long hiatus during the pandemic and the difficulties of doing groups by zoom, our **English and Spanish diabetes education group visits are back in-person** by popular demand! Groups will alternate Wednesdays from 5-7 p.m. at ZSFG. **To refer, please send Diabetes eConsult**, indicating which language, and confirming that your patient is appropriate for group.

The curriculum is led by Crystal Loucel, MPH, MS, HWNC-BC, RN, CDCES along with guest speakers:

1. Medications
2. Nutrition
3. Complications
4. Stress reduction

Group size is limited to 11 participants, masking required, no food/drink allowed.

NEW VIDEOS

Does your patient need quick access to a video to reinforce diabetes teaching, or to bridge to next in-person visit?

The pandemic made clear that remote diabetes care is challenging. Added to that, staff deployments meant less in-

person nursing, nutritionist and pharmacist support. In response, the Diabetes Team has updated, improved (hopefully!) and shifted our diabetes resources from the IntraNet to an external website that can be viewed from anywhere. We are mindful that many of our patients use mobile phones to access information, and are engaged by short video content.

We already have videos on meter and lancet use, insulin pen use, and introduction to insulin. We hope to continue adding video content in English, Spanish and Cantonese in other topics that feature close-up images, patient voices and our in-house experts in nutrition, pharmacy and diabetes education.

These are our most recent additions :

- Victoza pen ([English](#))
- Ozempic pen ([English](#))
- [What are Carbs? Carb Portions](#) (Spanish)

All videos are cached under the "Video" tab on sfghdiabetes.org and also under "For Providers". We are still working on formatting the patient view, so stay tuned. Let us know if there is specific content you would like to see.



BYDUREON BCISE

The preferred long-acting GLP-1 for HSF is once weekly Bydureon (exenatide ER), available by PA after prior trial metformin and Victoza. The original pen was intimidating and difficult to prepare ("*tap your pen 80 times or more...*"). Astra Zeneca recently retired this original pen, so users can now change to **Bydureon BCise pen**,

featuring a hidden autoinjector needle and easier administration process.

Same exenatide ER, different device . PA is still required by HSF with the same criteria.

The **manufacturer's video** on how to use the BCise pen is [here](#).

See our updated [cheat sheet](#) for formulary coverage of GLP-1s and SGLT-2 inhibitors, also posted under [sfghdiabetes.org](#).



sfghdiabetes.org