

# Type 2 Diabetes Dialogue

## Emerging Innovations in Diabetes



BC PATIENT SAFETY  
& QUALITY COUNCIL



Institute for  
Health System  
Transformation  
& Sustainability



Type 2 Diabetes  
Network  
BC PATIENT SAFETY & QUALITY COUNCIL

## Summary Report

The BC Patient Safety & Quality Council, in partnership with the Institute for Health System Transformation & Sustainability, hosted the annual Type 2 Diabetes Dialogue event on November 24 and 25, 2021. The two half-day virtual dialogue sessions were filled with exciting and informative presentations, meaningful connections and conversations as well as ideas for action.

### Top 10 Areas of Action

To share emerging innovations, foster connections and strengthen the network in BC, participants were asked questions in their breakout rooms to identify their key takeaways and identify areas for action.

1. **Equity** continues to impact risk, prevention, remission and outcomes of type 2 diabetes. Deeper focus is needed in response to technology access, food security, ethnicity, income, culture and housing.
2. **Hope is powerful.** Broader outreach is required to inform patients and health care professionals that type 2 diabetes remission is possible and there are options beyond medications.
3. **More preventative measures** are required to target the pre-diabetic community.
4. Empower patients to set their individual goals and **provide them with access to a centralized hub of information.**
5. **Pathways is a powerful and easy tool** for streamlining practice but further messaging for clinicians is needed to use Pathways for sharing resources with patients.
6. **Primary care models in behavioural health** need to be scaled up and spread for other communities to adapt and adopt.
7. **Team-based care**, with its interdisciplinary collaboration and support, is the best model for type 2 diabetes care.
8. **Customized interventions** to diet and lifestyle modifications are needed. There is no one-size-fits-all approach.
9. Health professionals and patients require **national and provincial clinical guidelines** on remission.
10. **Collaboration and standardization** across health authorities is needed to reduce fragmentation and decrease complexity to patients.

“We ultimately would like to see type 2 diabetes remission positioned as the preferred clinical objective – the standard of care for type 2 diabetes... It’s really about giving people hope.”

– Sean McKelvey, Presenter

## What Were the Emerging Themes?

relationship-building equity  
clinical guidelines  
funding share and scale  
self-management pre-diabetes  
hope is powerful  
technology fragmented system  
virtual care remission  
education deprescribing  
team-based care  
collaboration no one-size-fits-all  
primary care models  
multi-disciplinary team  
utilize pathways system navigators

## Diabetes Dialogue by the Numbers

4 Speed Networking Rounds

100+ Participants

6 Breakout sessions

18 Presenters

450 stimulating minutes of engagement and commitment towards learning about the emerging innovations in care for type 2 diabetes in BC!

“Type 2 diabetes is a disease of poverty and racism. These impacts are challenging to overcome but can be done”

– Jon McGavock, Presenter

## Next Steps

The Type 2 Diabetes Network is committed to collaboration and action in the areas identified through the dialogue sessions. The top themes of remission, prevention, equity and multidisciplinary care will guide its work and strategic direction in the coming months.

The network is focused on sharing, developing and applying innovative, evidence-based practices to improve outcomes for people living with type 2 diabetes in BC. Keep up to date and join the team of passionate change-makers working towards improving prevention, management and outcomes for people living with type 2 diabetes in BC at [BCPSQC.ca/diabetes](https://bcpsqc.ca/diabetes).



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