



Network for  
Practices Ltd

[www.networkforpractices.co.uk](http://www.networkforpractices.co.uk)

## Trainer Information

**Sonia Willis** RGN, Holder of a Bachelor of Arts with Honors, Independent Nurse Prescriber, Postgraduate Certificates in Diabetes and Healthcare Education.

Sonia started nursing back in 1983 and can reflect on a varied and interesting career having worked in diverse roles within the NHS, private sector, and pharmaceutical industry. Always passionate about ensuring the provision of high-quality, evidence-based care, Sonia would say that she has been as much of a teacher as she has been a nurse over the years. Specialising in the management of long-term conditions in the primary care setting, specifically diabetes and cardio-vascular disease, since 2015 Sonia created her own company to enable her to work independently. She now focusses her time working in the clinical setting as a locum Diabetes Specialist Nurse in General Practices, alongside delivering diabetes and CVD education from the basics (on behalf of Health Care Professional training organisations) right up to MSc level as a freelance lecturer for the Universities of Sheffield and Warwick, and previously for Universities of Herts, Teesside and the OU.

Sonia lives with her husband and two labradoodles in Sheffield now that their blended family of five children have left home and started their own families. She loves to travel to exotic parts of the world and does so, frequently.

# Diabetes Update

<b>Date:</b>	<b>1<sup>st</sup> December 2025</b>	
<b>Times:</b>	<b>0900-1630</b>	
<b>Venue:</b>	<b>Zoom Online Platform</b>	
<b>Places available:</b>	<b>12</b>	
<b>Fee/s:</b>	<b>NfP Members</b>	<b>£105</b>
	<b>Non-Members</b>	<b>£150</b>

**This workshop is suitable for:** Registered Health Care Professionals encompassing General Practitioners, Pharmacists, Paramedics, Practice Nurses, Nurse Practitioners, Advanced Nurse Practitioners, and Nursing Assistants.

## Introduction

Immerse yourself in a comprehensive and engaging one-day virtual update course dedicated to diabetes, tailored for healthcare professionals already actively engaged in this field.

Upon completion of this enlightening day, participants will emerge with heightened confidence in their ability to practice with up-to-the-minute proficiency in managing diabetes.

This course covers the latest trends in diabetes management, encompassing a thorough understanding of cutting-edge pharmacological interventions utilized in diabetes care.

## Learning Outcomes

- Revitalise and reinforce your comprehension of Diabetes
- Scrutinise novel and ongoing trends in Diabetes management
- Stay current with the latest pharmacological advances in Diabetes care
- Foster open dialogues addressing practical challenges and their remedies
- Recognize the significance of continuous professional development and the apt handling of concerns.
- Elevate your expertise and proficiency in diabetes management with this immersive update course, designed to empower healthcare professionals in the realm of primary care.

**Registered Office: Frome Medical Centre, Enos Way, Frome, Somerset, BA11 2FH**

Network for Practices Ltd Company No 06435074. - Incorporated at Companies House, Cardiff 22<sup>nd</sup> November 2007



## Course Content

- 09:15 - Coffee and Registration
- 09:30 - Introduction and Course Objectives
- 09:45 - Comprehensive Update on Diabetes Classifications
- 10:00 - Key Statistical Insights
- 10:15 - Unravelling Metabolic Syndrome
- 11:00 - Coffee Break
- 11:20 - Navigating Diabetes Prevention
- 12:00 - Unpacking Diagnostic Criteria
- 12:45 - Lunch Break
- 13:30 - Guideline Refinements in Diabetes Management
- 14:15 - Effective Support for Lifestyle Modifications
- 14:30 - Exploring Pharmacological Approaches
- 15:30 - In-depth Study of Insulin and Continuous Glucose Monitoring (CGM)
- 16:00 - A Holistic View of Hypoglycaemia and its Management
- 16:15 - Real-world Case Studies
- 16:30 - Session Conclusion

## Booking Information

To book a place/s email  
[bookings@networkforpractices.co.uk](mailto:bookings@networkforpractices.co.uk)

Our acceptance of your booking brings into existence a legally binding contract between us on the following **Terms & Conditions** - If places are booked but cancelled before payment has been made or a candidate DNAs, the fee will remain due. Cancellations will attract a refund if the course is subsequently fully booked. To avoid any confusion, we ask that Cancellations are by email only. We will make every effort to resell the cancelled place. Where places are free a £45 charge will be applied to cancellations/DNAs. Payment is required within 30 days from date of invoice.

*"Sonia was very knowledgeable and enthusiastic"*

*"Good interactive session with ample opportunity to participate"*

*"Great general update covering latest guidelines"*

*"Presenter was very knowledgeable. Would love to have her on speed dial for all my queries!"*

*"Best Diabetic Update I have been on for a while"*

*"Definitely recommend this course"*

This session is kindly sponsored by the following:

**0855-0900: Virtual Promotional Product Presentation by TBC**

*The above company has sponsored this session by way of a promotional presentation has had no input into the agenda or speaker*