

Kent & Medway CCG Medicines Optimisation Team

NICE News Bimonthly - April 2022

FOR INFORMATION

NICE Publications

NICE clinical guidelines

No new NICE clinical guidelines

Updated NICE Clinical Guidelines

[Hypertension in adults: diagnosis and management \[NG136\] updated March 2022](#)

This guideline covers identifying and treating primary hypertension (high blood pressure) in people aged 18 and over, including people with type 2 diabetes. It aims to reduce the risk of cardiovascular problems such as heart attacks and strokes by helping healthcare professionals to diagnose hypertension accurately and treat it effectively. **In March 2022**, NICE reviewed the evidence and made a new recommendation on blood pressure targets for people who have both hypertension and cardiovascular disease. NICE reassessed evidence on antihypertensive drug treatment from the previous version of this guideline (without a new evidence review) and made a new recommendation to cover people who have both hypertension and cardiovascular disease.

[Type 2 diabetes in adults: management \[NG28\] updated March 2022](#)

This guideline covers care and management for adults (aged 18 and over) with type 2 diabetes. It focuses on patient education, dietary advice, managing cardiovascular risk, managing blood glucose levels, and identifying and managing long-term complications. **In March 2022**, NICE reviewed the evidence and made new recommendations on continuous glucose monitoring (CGM).

[Diabetes \(type 1 and type 2\) in children and young people: diagnosis and management \[NG18\] updated March 2022](#)

This guideline covers the diagnosis and management of type 1 and type 2 diabetes in children and young people aged under 18. The guideline recommends how to support children and young people and their families and carers to maintain tight control of blood glucose to reduce the long-term risks associated with diabetes. **In March 2022**, NICE reviewed the evidence and updated the recommendations on continuous glucose monitoring (CGM), replacing existing recommendations on CGM.

[Type 1 diabetes in adults: diagnosis and management \[NG17\] updated March 2022](#)

This guideline covers care and treatment for adults (aged 18 and over) with type 1 diabetes. It includes advice on diagnosis, education and support, blood glucose management, cardiovascular risk, and identifying and managing long-term complications. **In March 2022**, NICE reviewed the evidence and updated the recommendations on diagnosis and continuous glucose monitoring (CGM), replacing existing recommendations on diagnosis and CGM.