

MITS2: Nationally-acclaimed education project now entering its second phase

MITS aims to improve the experiences of hospitalised patients on insulin, the education of Foundation Doctors (FDs) who write most of their insulin prescriptions, and the appropriateness of the prescriptions they write. It empowers FDs to:

- Handle the inherent complexity and uncertainty of prescribing insulin
- Work well with members of different disciplines and different levels of seniority
- Respect patients' right to be involved in their own care
- Access and make good use of other people and information sources

At the heart of MITS is a simple rule of thumb to act safely in complex situations: SMAC². This stands for: 'Situation'; 'Myself', 'Act', 'Check', and 'Check again'. This is accompanied by some very simple 'top tips' for effective insulin prescribing. This approach helps trainees develop situational awareness, which is a key professional skill.

MITS differs from other conventional forms of education in recognising the inherent uncertainty of prescribing powerful drugs, and 'empowering' patients and professionals to support one another. The term 'empowerment means being genuine, empathic, and respectful to others.

In addition to developing and implementing a novel way of educating foundation trainees, MITS, phase 1, identified ways of making the system of care for diabetic patients safer.

In recognition of its success, MITS won one national award and was finalist in another. The Health Foundation has now awarded substantial funding for a second phase. The feature of MITS that is most novel, and has attracted most praise, is the way it involves all key stakeholders – patients, nurses, pharmacists, and doctors. We will now build on this.

The title of 'MITS2' is:

Empowering prescribers to empower patients and fellow professionals; a novel approach to safe person-centred practice

Its goals are to:

- Make MITS sustainable into the future for NIMDTA trainees
- Extend the SMAC² approach to pharmacist and nurse trainee-prescribers
- Educate all prescribers to involve patients in prescribing decisions
- Implement MITS fully in 2 'flagship' Trusts (South-eastern and Western Trusts) and extend its implementation in other trusts
- Share our novel ideas with patients and professionals in other parts of the UK and beyond.

MITS2 is led by the **South-Eastern Health and Social Care Trust** in collaboration with **Queens University Belfast** and the **Northern Ireland Medical and Dental Training Authority**.