

## University of Vermont Project ECHO

### Updates in Diabetes Management: Optimizing Glycemic Control with Digital Tools and Medications

This 5-session spring series will discuss evidence-based best practices in the care of patients with Diabetes Mellitus. The focus will be on areas of recent practice change, including optimal use of continuous glucose monitors and practical treatment updates. There will be specific attention to improving our understanding of newer medications, including new options for insulin, SGLT2 inhibitors and GLP-1 and GIP agonists.

#### LEARNING OBJECTIVES FOR THIS ECHO SERIES INCLUDE:

1. To assist clinicians in their efforts to improve glycemic control in patients with diabetes
2. To increase satisfaction in the ordering and approval of continuous glucose monitors
3. To optimize data interpretation from continuous glucose monitoring to aid in management
4. To promote evidence-based use of diabetic medications, including expanding indications

This series is offered at no-cost to participants through a grant from the Vermont Department of Health. Participants receive 1 CME credit for each learning session attended.

#### 2026 SPRING SERIES – Wednesdays from 12:00 to 1:00pm on Zoom

WHO SHOULD ATTEND?	SCHEDULE
The target audience is individuals or practice teams throughout Vermont providing adult primary care, including Family Medicine and Internal Medicine, Gynecology, as well as pediatricians serving young adults in transition from pediatric to adult care.	<b>Apr 29</b> Updates in Diabetes Management 2026: Key changes in last few years <i>Mark Pasanen, MD</i>
	<b>May 13</b> Introduction to CGMs: Everything you ever wanted to know! <i>Marci Wood, PharmD</i>
	<b>May 27</b> Using CGM data to improve glycemic control: Practical recommendations for efficient care <i>Marci Wood, PharmD</i>
	<b>Jun 10</b> Medication updates: Insulins, SGLT2 inhibitors, GLP-1 and GIP agonists (including new indications/uses) <i>Lauren Bode, PharmD</i>
	<b>Jun 24</b> Complex Diabetes Management: Putting it all Together <i>Mark Pasanen, MD; Matt Gilbert, DO</i>

Each session includes a brief didactic presentation, cases generated from the participant cohort, and group discussion. Active engagement and a willingness to bring forward cases is expected. Cohort-based learning in a supportive peer environment is foundational to this ECHO series.

#### TO REGISTER

Register by Wednesday, April 22, 2026 in the iEHCO platform [iECHOregistrationDiabetes](#). This program has limited enrollment. We encourage primary care teams to send multiple members; each participant must register individually.



University of Vermont  
Larner College of Medicine



General questions about UVM Project ECHO can be directed to [Katherine.Schwartz@med.uvm.edu](mailto:Katherine.Schwartz@med.uvm.edu), clinical/topic-specific questions can be directed to [Mark.Pasanen@med.uvm.edu](mailto:Mark.Pasanen@med.uvm.edu)



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Project ECHO (Extension for Community Healthcare Outcomes) is an evidence-based interactive distance-learning method developed by researchers at the University of New Mexico. During ECHO sessions, experts and peers share their expertise via case-based learning, enabling practice teams to treat patients with complex conditions in their own communities.

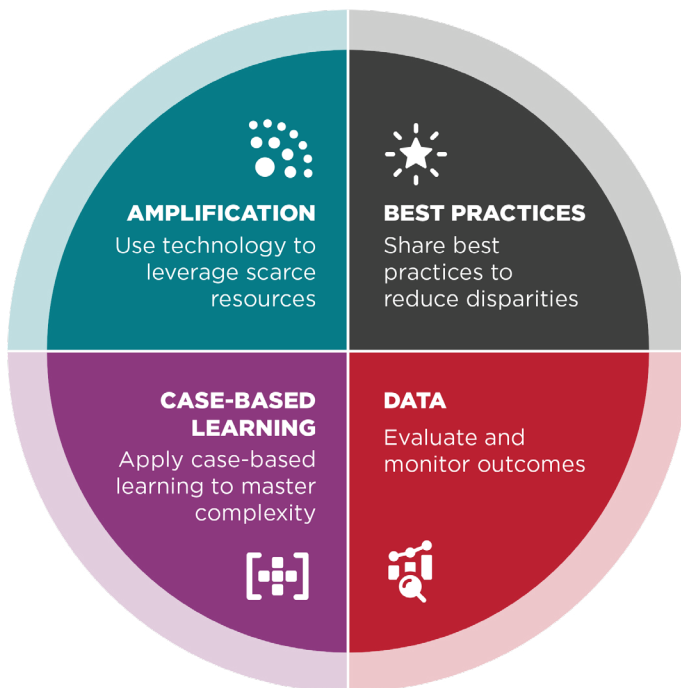
## UNIVERSITY OF VERMONT PROJECT ECHO

UVM Project ECHO offers several cohort-based series each year. The target audience often includes individuals or teams from primary care offices throughout the state.

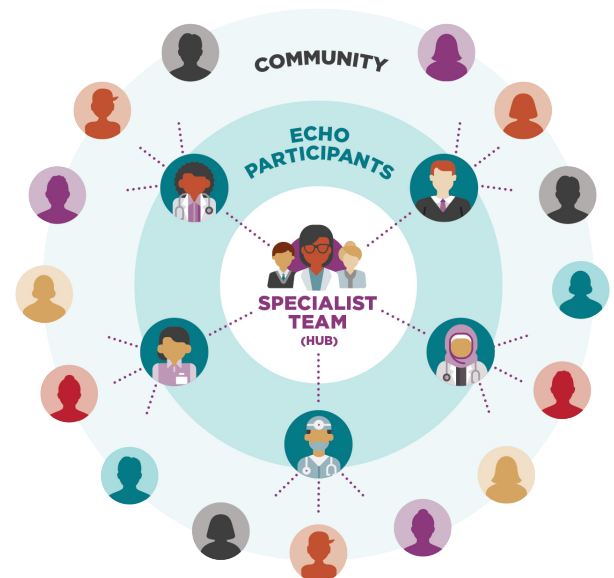
### 2025-2026 SERIES:

- **UVM Project ECHO Current Topics in School Nursing**  
6 sessions | Monthly on Wednesdays 3:15-4:45 | October 2025 to March 2026
- **UVM Project ECHO Safer Prescribing of Opioids: Compassionate Tapers and Buprenorphine Transitions**  
5 sessions | Monday 12:00-1:00 | October to December 2025
- **UVM Project ECHO Mental Health Advanced Series: Mood Disorders in Primary Care**  
6 sessions | Wednesday 12:00-1:30 | February to April 2026

Visit [vtahec.org](https://vtahec.org) to learn about our past offerings and find information on current and future series.



## ALL TEACH, ALL LEARN



General questions about the University of Vermont's Project ECHO can be directed to [Patti.Smith-Urie@uvm.edu](mailto:Patti.Smith-Urie@uvm.edu).