

DTN-UK statement on Large Language Models

Generic Large Language Models (LLMs) such as ChatGPT or Grok, offer potential as supplementary tools for diabetes management by assisting with tasks like initial carb estimation from food images and identifying patterns in glucose data, however, it is paramount that healthcare professionals and people living with diabetes understand these systems are not a substitute for medical expertise and cannot safely provide definitive medical advice or insulin dosing recommendations.

Everyone should be aware of several critical limitations. Generic LLMs demonstrate significant variability and unreliability in visual carb counting, often misinterpreting food items or providing vastly disparate estimates. When analysing personal glucose data, models can misinterpret images or misrepresent data duration and content, leading to potentially misleading analyses. Furthermore, LLMs have been shown to occasionally provide erroneous or dangerous advice (e.g., freezing insulin), necessitating extreme caution.

To ensure safety and effective use of these tools for people living with diabetes, the following policy points are proposed:

- Educate people that AI is designed to facilitate continuity, coherence, and responsiveness. This "instinct" can lead it to fill in missing information to keep the conversation going, which can lead to incorrect responses that appear confident and correct.
- Advise that as a result of the above, AI provides estimates and pattern recognition only, not definitive medical advice
- Advise people to always verify AI-generated information against reliable real-world data.
- Stipulate that all AI-suggested changes to insulin dosages, basal rates, or other pump settings must be reviewed carefully and sense checked.
- Inform people that providing more specific data, such as food weight or explicit time periods when reviewing patterns, significantly improves AI accuracy.
- Counsel people on the risks of AI misinterpreting images or misrepresenting data, emphasizing the need for good oversight.
- Warn against relying on AI for critical, time-sensitive medical decisions, especially insulin adjustments, due to the potential for dangerous errors.
- Emphasize that AI cannot fully comprehend individual physiological nuances or lifestyle factors that influence diabetes management.
- Reinforce that regular consultation with the diabetes care team cannot be substituted by using a generic LLM.

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