

Welcome to the Diabetes Care for You webinar

Please log onto the conference call so you can hear our presenter

- From any SCFT Cisco phone dial 800800
- From a mobile phone or any other phone dial 01273 242 223
- From any phone when prompted enter meeting code 1013# enter attendee access code 1013#

Please would you mute once joined to avoid any background noise being heard by everyone (and unmute when you want to ask a question)
You're welcome to use speakerphones so a group can listen in.

Thank you



Excellent care at the heart of the community



Sussex Community
NHS Foundation Trust

Insulin Management Pathway

Jane Rowney

Consultant Nurse: Diabetes

Diabetes Care For You

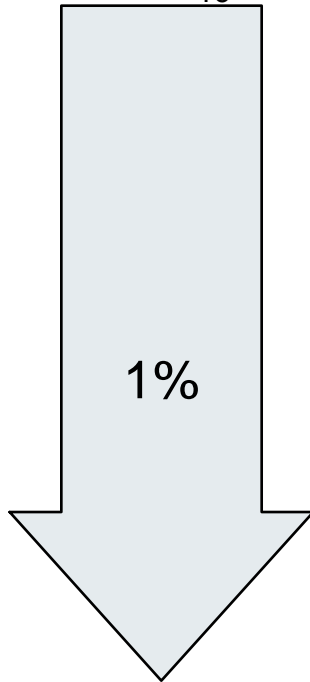


Excellent care at the heart of the community

Lessons from the UKPDS: Better control means fewer complications

For every 1% (11 mmol/mol) reduction in

HbA_{1c}



Relative risk reduction*

Deaths from diabetes

21%

Heart attacks

14%

Microvascular complications

37%

Amputation or death from peripheral vascular disease

43%

* $P < 0.0001$

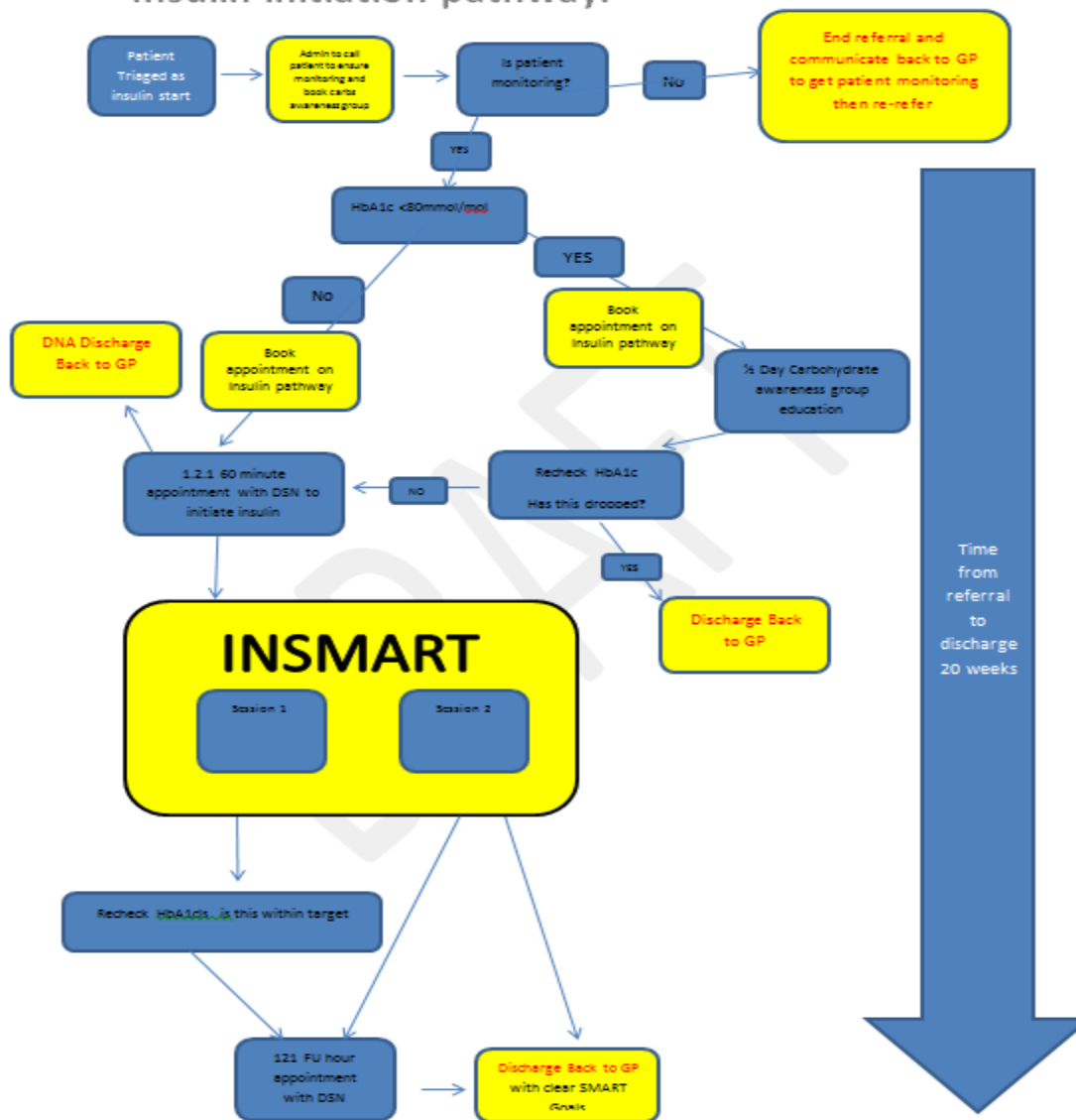
Management and triage of referrals to Diabetes Care For You

- The management of HbA1c is fundamental in the risk reduction of complication.
- Medication alone cannot manage glycemic control and a holistic approach needed.
- Education and knowledge is a fundamental part of the long-term safety and control of people on insulin.

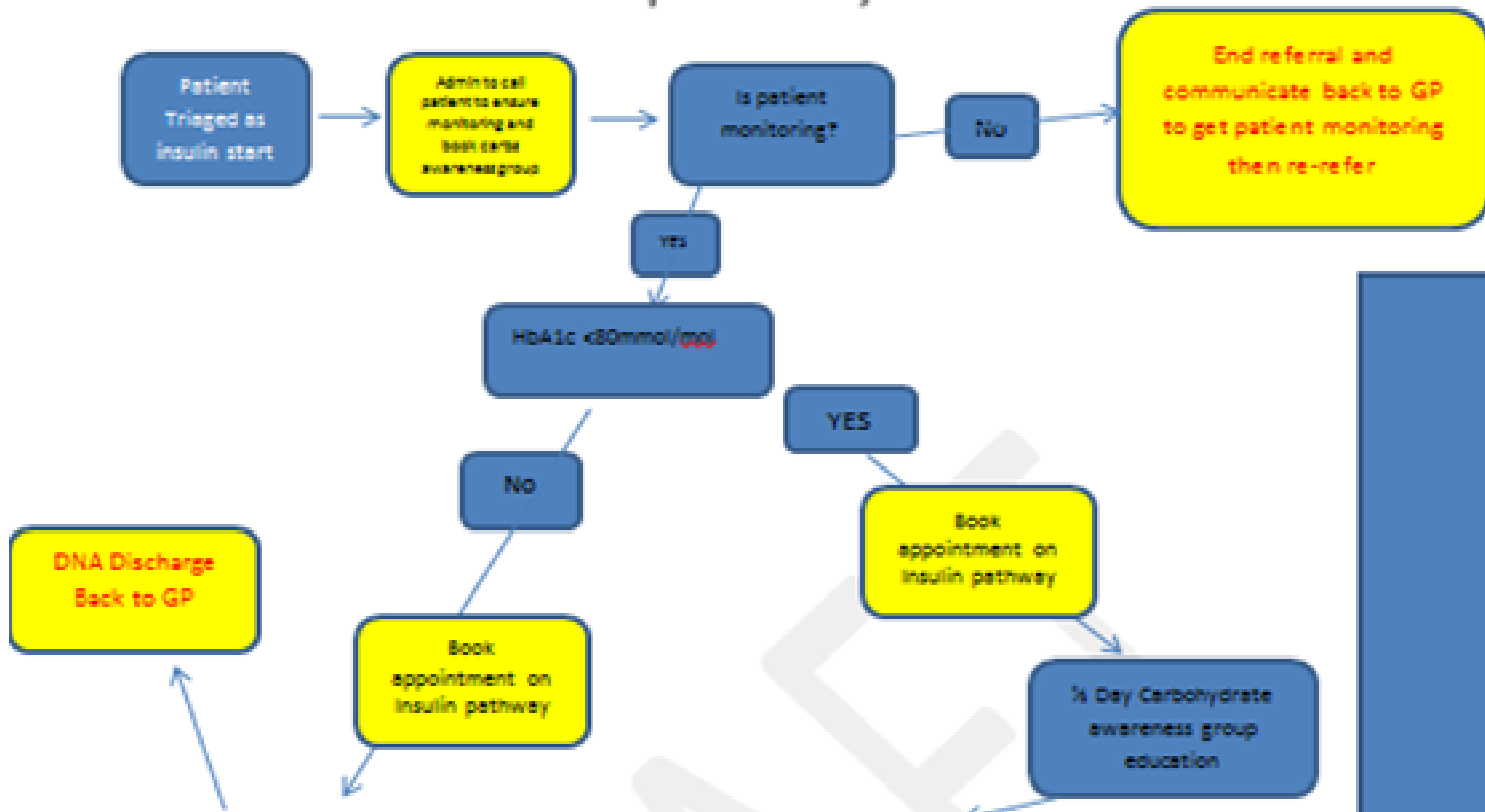
Pathway

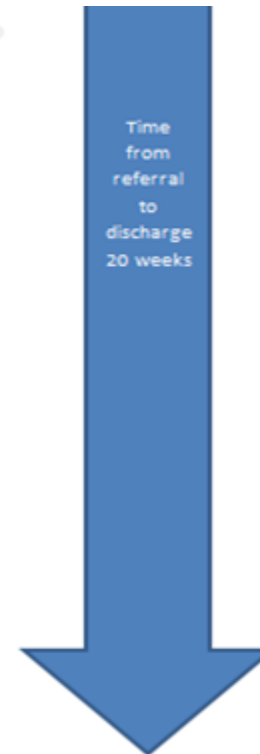
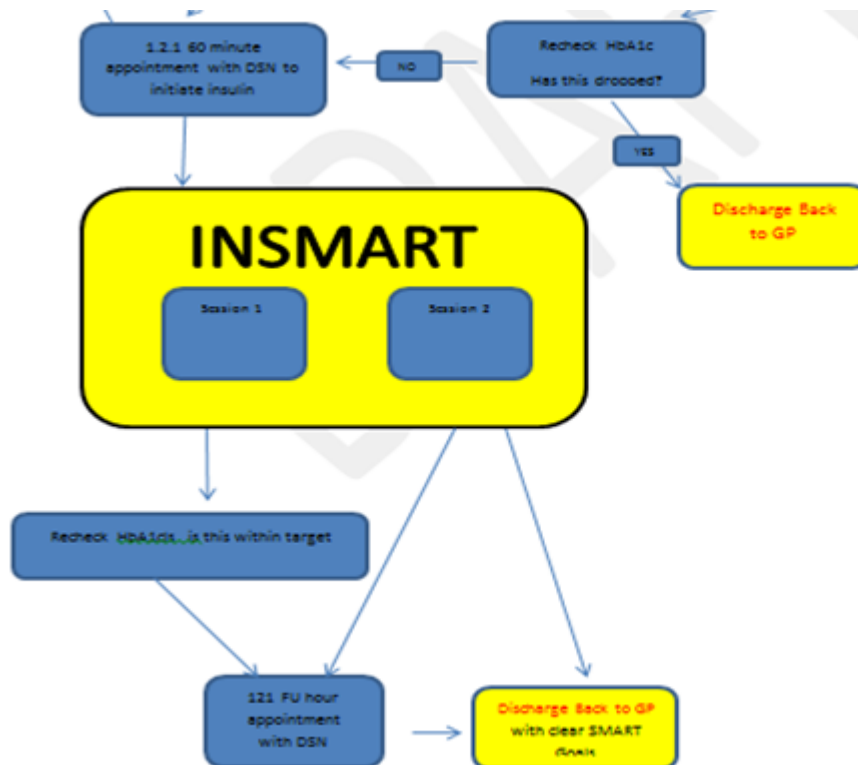


Insulin initiation pathway.



Insulin initiation pathway.





Triage and referral

- Triage takes place within 5 days of receipt
- Review of HbA1c and information on referral documentation
- Information regarding symptoms fundamental in ensuring appropriate timely care



Insulin Pathway

- 4 Booked appointment
- 1st for Carbohydrate Awareness education
- 2 & 3 Group INSMART
- 4th DSN appointment

Carbohydrate awareness course

Carbohydrate Awareness

- This 3 hour session is suitable with anyone with type 2 diabetes, if you would like to increase your understanding of how the food you eat can impact on your blood glucose control. We can help you to develop a management plan that works for you.
- The session will include the following topics:
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 - A review of what type 2 diabetes is and how it develops
 - What are carbohydrate foods and how they affect blood glucose levels
 - How different types of carbohydrate can have different effects on your blood glucose levels
 - How to work out how much carbohydrate is in the foods you eat
 - A discussion on what changes you might want to make help improve your blood glucose control
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- 
- HbA1c up to 3 months post Carbohydrate awareness course.
 - If HbA1c 48mmol/l then to discharge back to GP
 - If HbA1c remains high then for DSN appointment
- 

**Face to face clinical
appointment with
Diabetes Specialist
Nursing Team.**

Face to Face

- Review of HbA1c
- Clinical assessment
- Medication decision.
- Insulin/GLP-1/SGLT2

INSMART

Aim

- The aim of the group education sessions is to provide the patient with further tools to enable them to achieve their individual blood glucose targets and prevent or minimise risks of complications of diabetes
- To provide patients with the tools for life long insulin management.

Module 1 Objectives

- To identify individual blood glucose targets both by capillary blood glucose monitoring on a daily basis and by 3-6monthly Hba1c
- To confirm understanding of reasons for maintaining these personal blood glucose targets
- To enable understanding of factors that influence changes in blood glucose levels
- To enable understanding of how the individual's insulin regimen works in terms of time action profile

Session 1

- Insulin Profiles
- Monitoring
- Hypoglycaemia (including driving)
- Break
- Hyperglycaemia
- Insulin dose adjustment

Session 2 Objectives

- To provide further guidance in how to self-titrate insulin doses appropriately to enable safe self-management
- To provide an understanding of the potential barriers to self-management of diabetes.
- To provide tools to help overcome these barriers when identified by an individual who has Type 2 diabetes.
- To provide practical guidance in aspects of self-management beyond the day to day e.g. when driving, travelling, holidays, pregnancy.

Session 2

- Review Diaries
- Annual review
- Wellbeing
- Break
- Foot Care
- Travel
- Pregnancy
- Next steps

What next



Discharge to GP

- Recheck HbA1c 3 months
- If no reduction/improvement refer back to “Diabetes Care For You” for further assessment

Thank you

**Our next webinar
will be on
Thursday 24 January
at 1pm**