



South West London Diabetes QI Programme Clinical Masterclass

Introduction to Diabetes

Dr Navdeep Alg

Dr Gareth Hull



Welcome!

Please introduce yourself in the chat

- Name
- Practice or PCN
- Your role
- Any questions you have around Diabetes

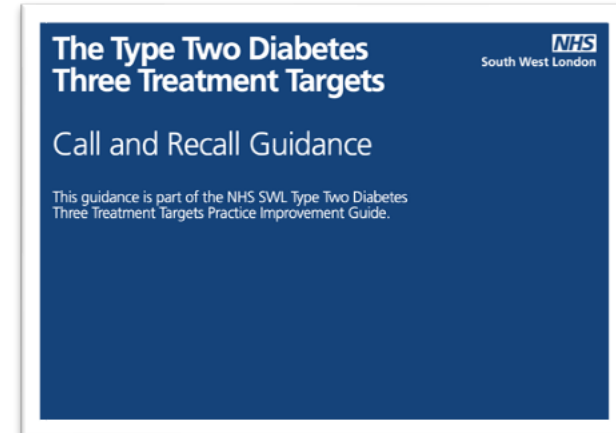
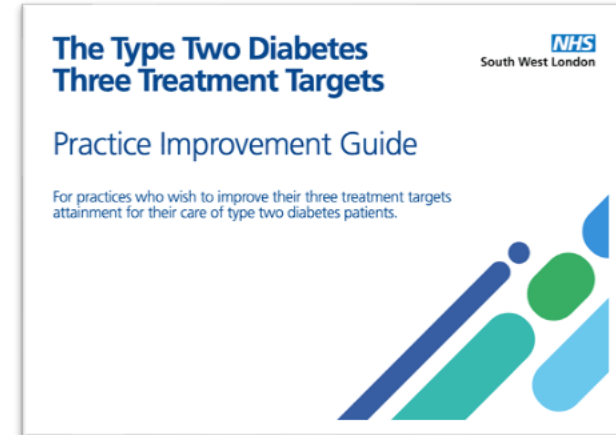
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Agenda

Item	Speaker
1. Welcome	Dr Sharvanu Saha
2. Introduction to Diabetes	Dr Navdeep Alg
3. Managing Diabetes	Dr Gareth Hull
4. Q&A	Dr Navdeep & Dr Gareth
4. Next Steps	Oliver Brady, HIN

Background

- SWL ICB Diabetes programme have developed an approach for the systematic improvement of achievement of the 3 treatment targets (3TTs) for diabetes in primary care
- The SWL team have developed a framework for practices to use to help them to improve their achievement of 3TTs through a quality improvement (QI) approach, focusing on 7 key domains; organisation and process, data foundations, consistency, consultation style, engaging the community, leadership, and training and competencies.
- The SWL team have managed to successfully deploy this framework to a small number of practices in SWL and are seeking to scale this to reduce variation across their geography.
- The programme also includes a series of 6 clinical refresher sessions to support practices.



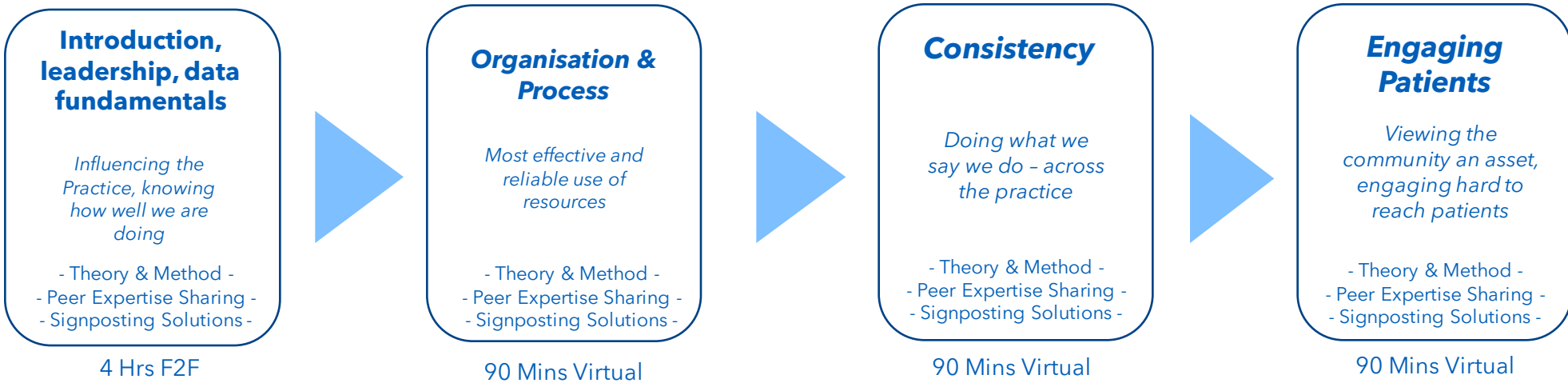
Ensure the core clinical understanding in your practice

Optional lunchtime webinars



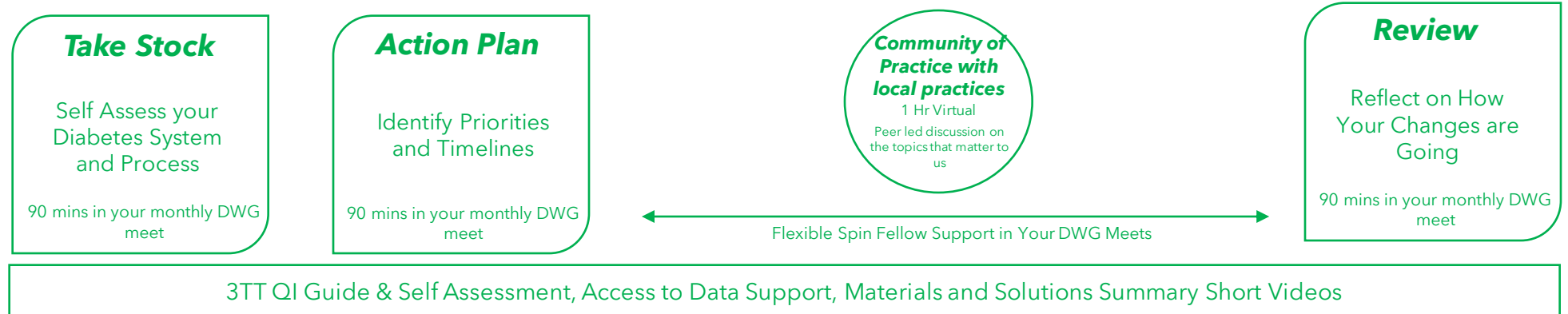
Focus together on the system and process that enables effective care

Short F2F and Virtual Workshops for lead Nurse & GP



Hands on support just for you

Spin Fellow Support F2F & Virtual



Who is this session for?

- NHS and non-NHS staff directly involved in the holistic management of people's diabetes but who do not deliver clinical diabetes care

What we will cover

- Describe the signs and symptoms of diabetes
- The link between diabetes and other long term conditions
- The impact of diabetes on Mental health and resources to help
- Know how to refer into available structured education programmes
- Understand the relevance of diet and exercise in managing diabetes
- What is hypoglycaemia and how is it treated

What is Diabetes?

	Type 1	Type 2
Pathology	Caused by the body's immune system attacking the insulin-producing cells in the pancreas, resulting in very little or no insulin production ¹	Caused by an inadequate production of insulin and an inability to respond fully to insulin (insulin resistance) ¹
Persons age	Can occur at any age but occurs most frequently in children and adolescents ¹	Most commonly seen in adults, but is becoming increasingly common in children and adolescents due to rising levels of obesity, physical inactivity, and poor diet ¹
Proportion of diabetes	Accounts for 5-10% of diabetes cases ²	Accounts 90-95% of all diabetes cases ²

Know the Symptoms

Diabetes Early Symptoms



Type 1

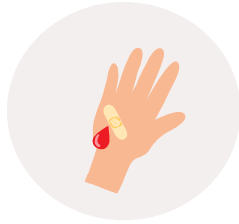
- Frequent urination
- Extreme thirst
- Increased hunger
- Unexplained weight loss
- Nausea or vomiting
- Unusual fatigue and weakness
- Bad mood changes
- Rapid onset (usually)

Type 2

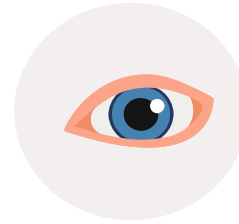
- Difficult to heal recurring infections (skin, urinary & genital tract)
- Vision changes
- Mood changes
- Weight loss in a very short time
- Impotency
- Dry skin and/or mouth
- Dental/ Gum infection and /or disease
- Bad breath

Know the Symptoms – Type 2 Diabetes

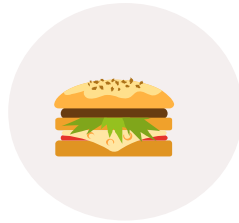
**SLOW HEALING
OF WOUNDS**



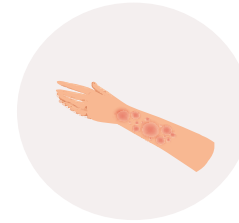
BLURRED VISION



**CONSTANT
HUNGER**



**FUNGAL INFECTION,
ITCHING OF SKIN
AND GENITALS**



**FREQUENT
URINATION**



**UNEXPLAINED
WEIGHT LOSS**



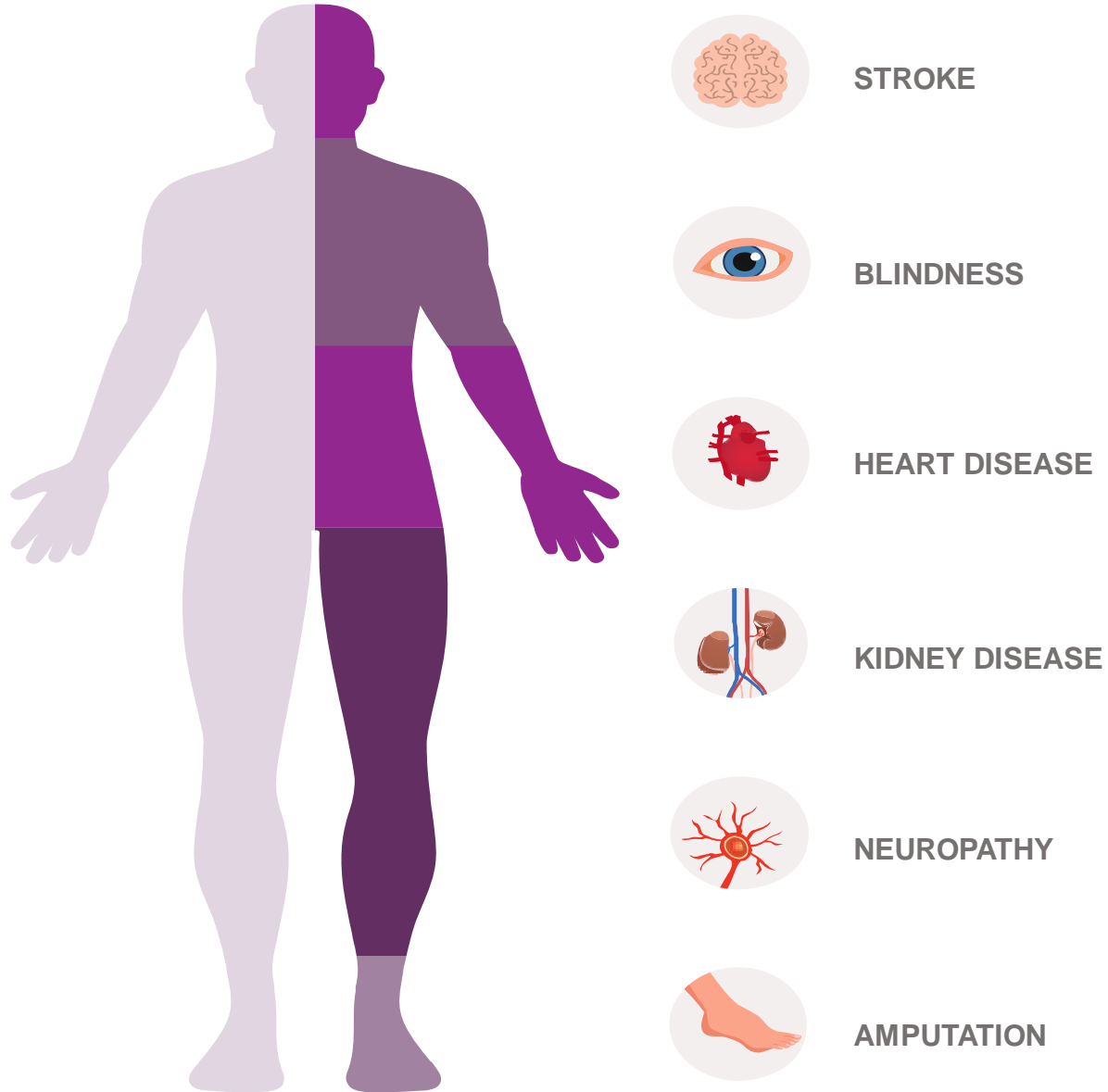
**NUMBNESS OF
HANDS AND FEET**



The link between diabetes and other long term conditions

- Type 2 diabetes mostly affects people over the age of 25
- **Linked to high Blood Pressure and Cholesterol**
- Risk factors for diabetes
 - Obesity
 - Ethnicity
 - Family history of diabetes
 - Previous Gestational Diabetes
- Diabetes (Type 1 and Type 2) can cause serious health problems and long term conditions
 - Cardiovascular (MI, Stroke and Peripheral arterial disease/ amputations)
 - Liver Disease (Fatty Liver Disease)
 - Eye (Diabetic retinopathy)
 - Kidney disease (nephropathy)
 - Nerve damage (neuropathy)
 - Sexual problems

Know the complications – Type 2 Diabetes



The impact of diabetes on Mental health and resources to help

- Adjusting to life with diabetes
- Depression and Anxiety
- Diabetes distress
 - Overwhelmed by the demands of living with diabetes
 - That you're failing with your diabetes management
 - Worried about your risk of long-term complications
 - Frustrated that you can't predict or control diabetes from one day to the next
 - Guilty when your diabetes management gets off track (Diabetes UK)
- Fear of hypoglycaemia
- Worries about insulin
- Eating problems and diabetes

- Diabetes UK
 - Diabetes and emotional health - a practical guide for healthcare professionals supporting adults with type 1 and type 2 diabetes
<https://www.diabetes.org.uk/professionals/resources/shared-practice/psychological-care/emotional-health-professionals-guide>
- Local borough mental health support/ IAPT
- In- Practice support
 - Health and Wellbeing coach
 - Link Workers
 - Care coordinators

How to refer to structured education programmes

Type 1 Diabetes – important to understand what dose of insulin to give depending on what food is eaten – **DAFNE**

Type 2 Diabetes – diet and exercise extremely important in preventing disease progression. **DESMOND**

<https://diabetesbooking.co.uk/>

National diabetes prevention program: Hba1c 42-47 inclusive in the last year (and not currently Dx Diabetes) 18+ years old. Can prevent getting diabetes!

Diabetes Book & Learn

Patient can self-refer via website
www.diabetesbooking.co.uk



Referrals since Oct 2018

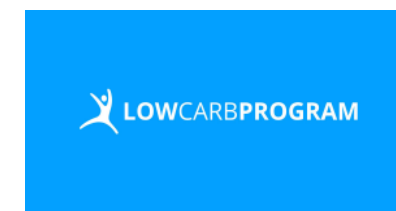
Area	Referrals	Bookings
Croydon	5108	2174
Kingston	950	523
Merton	2206	1425
Richmond	1387	741
Sutton	1467	798
Wandsworth	2955	2159

Current Face to Face & Virtually delivered programmes



Current Digital / Remote programmes

SECOND NATURE



Diet and Exercise

Mainly related to Type 2 Diabetes
Disease often driven by weight gain

Weight loss / exercise:

- Prevent disease progression
- Reduce need for medication
- Improve long term outcomes

NHSE Low Calorie diet programme is a pathway to type 2 diabetes remission
Please contact anthonette.dzakpasu-amevor@swlondon.nhs.uk

[Smoking cessation services referral +/- nicotine replacement!](#)

Hypoglycemia

Low blood sugar caused by too much medication / not enough food

Sometimes patient are aware it is happening – sometimes not

Signs and symptoms:

- Shaking

- Sweating

- Irritability

- Confusion

- Fast heart rate

- Collapse

Can be very dangerous

Need to give sugar

If caught early and treated then often a good outcome

Any questions?

Next Steps

- The slides and recording of the session will be uploaded onto our website, which will be released soon
- Next masterclass is **Thursday 20th July, 1-2pm**. This session will be focused on Diabetes Screening and Prevention. A reminder email and link will be sent closer to the time.
- Please ensure you have completed feedback forms for both this session and the launch event.
- Any questions, please email: hin.diabetes@nhs.net