

Working together to improve care for children and young people with Diabetes

NHS Lancashire Teaching Hospitals **NHS Foundation Trust**

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Our Purpose

Here at Lancashire Teaching Hospitals our purpose is to empower and educate children & young people with diabetes to live happy and healthy long lives through the provision of evidence based, compassionate and patient centred care.



Driver Diagram

Develop Freestyle libre pathway and aim to start 40 patients on freestyle libre Improve patient's home glucose monitoring ability **Develop education resources** to enable patients and families to download blood glucose meters, pumps and **CGMS** at home

> Improve communication in clinics both between professionals and between professionals and patients

> > Improve patients' ability to

self manage and adjust

insulin doses at home

Improve use of our data

Improve pathway for

patients with high HbA1c

eedback sheet for patients to take home, with clear goals and actions

> Adapt guidelines to allow safe insulin adjustment at home, provide more CHO counting group and 1:1 sessions & develop resources for microeducation sessions n clinics

Track median HbA1c every

Develop new clinic

Review high HbA1c pathway and discuss all patients with high HbA1c >70 each week in an MDT

Audit newly diagnosed all patients are CHO counting from diagnosis

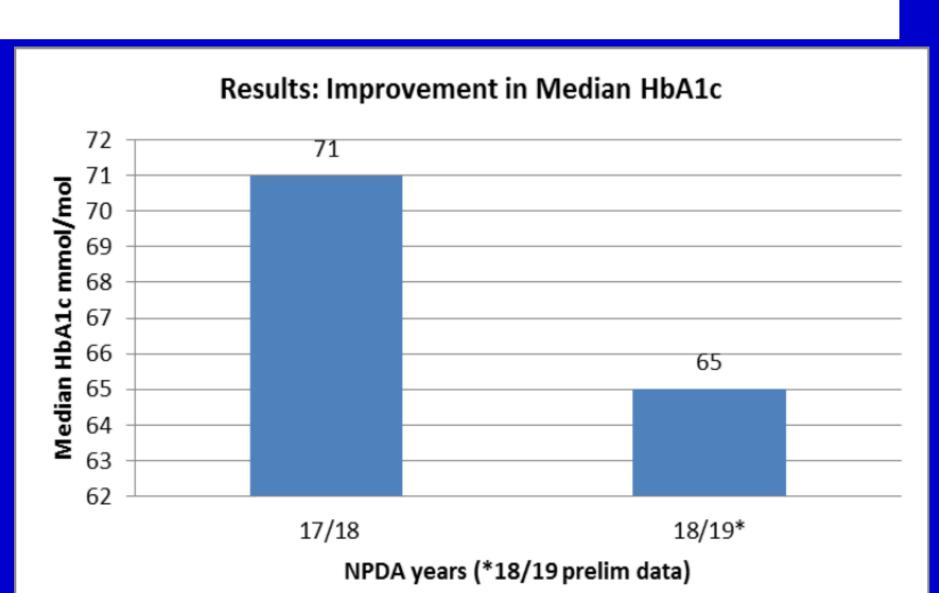
Adjust guidelines to change all patients admitted with DKA to Tresiba insulin

Automatic referral to

Changes so far

5 Greatest Changes

- Freestyle Libre use
- Home downloading to Diasend
- Clinic feedback sheet
- MDT Whatsapp group
- CHO counting at diagnosis



February – March 19 Audit findings; 80% improvement on HbA1C (sample size 8 patients)

What have we learnt as a team?

- **Communication** is key
- Team tenacity and resilience
- We have risen to the challenge despite staff issues & workloads
- "Just do it"

Good to look back on

and have information

at home

Future plans

- Develop new ideas & continue the QI process
- **Use data more effectively**
- **Continuous evaluation of service**

How do we achieve this?

< 58mmol from 18% to 25%

>69mmol from 45% to 35%



Resources

feedback

Our Aims

For NPDA results 2019/20:

- Downloading Information
- Libre & sessions Monthly data review

Process

To achieve a median HbA1c of less than 63mmol

To improve the number of patients with HbA1c

To reduce the number of patients with HbA1c

- High HbA1C meetings
- - Clinic space Office space Away days
- **Environmer**
 - Team leader

Clinical **Psychologist** Product reps

People

- NPDA • High HbA1c Newly
 - Diagnosed Carbohydrate Counting

Audit

To improve median

To reduce number of

patients with HbA1c

above 69 to <35%

To increase number

of patients with

HbA1c <58 to >25%

HbA1c <63

Improve newly diagnosed HbA1c in first year after diagnosis

Reduce number of patients admitted with DKA

patients every year, ensure

psychology

Patient feedback – clinic feedback forms



Good to remember information discussed in clinic

The forms are a great idea