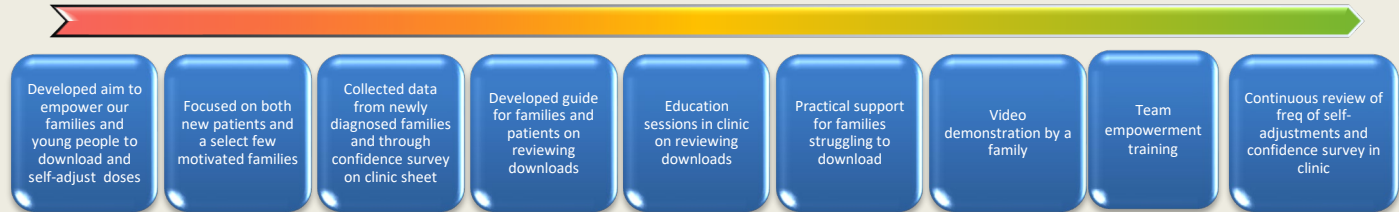




Our mission is to empower our families and young people to download their equipment, review their results and self manage their diabetes

Our improvement process



How to adjust insulin doses : Injections

1. Introduction, why patterns happens and what colours on Diaseed show

2. Which insulin to adjust and how to start making adjustments

3. Basal (background) and acting insulin

4. Bolus (fast acting insulin - Carbonyl/insulin ratio or - Insulin Sensibility (correction dose))

DIABETES HEALTH AND WELLBEING SUMMARY

Diaseed

The Sunderland Paediatric Diabetes Team is working on a quality improvement (QI) project through the Royal College of Paediatrics and Child Health to help improve the care you receive around your diabetes management.

"Our QI mission is to empower children, young people and their families to self manage their diabetes" - Sunderland Paediatric Diabetes Team

What we are doing to make things better:

- We have arranged fundraising events to allow us to buy iPads to use to gain feedback from you and to use in clinic education sessions.
- Setting up 'Howdy Diagnosed' events, twice a year, to re-cap important diabetes education topics.
- Introduced new clinic education sessions on downloading and self-adjustment.
- Created a 'How to Download' information sheet - this will help guide you in downloading your meter.
- Involving children, young people and their families in feedback on the developed information sheets - your thoughts and opinions are important to us!
- Developed an insulin dose adjustment guide - this will help you in making changes to your diabetes management at home between clinic visits.
- Let the team know if you have any suggestions as to how we can make things better!

YouTube

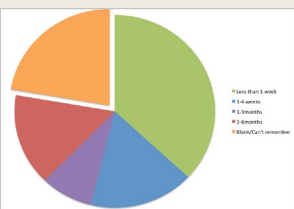
Uploading blood glucose readings using Diaseed



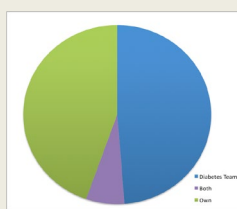
The Ambassador of Fun

Outcome data

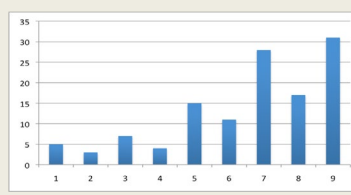
When did you last adjust an Insulin dose/ratio



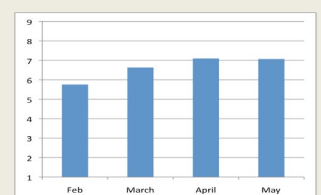
Did you do this on your own or with advice?



How confident are you in dose adjustments? (1= Not confident / 9 = Very confident)



Average confidence over time



Interventions continued

- Set up group WhatsApp
- Developed Wellbeing Questionnaire to facilitate data collection
- New clinic template letter with explicit targets
- Appointment letter wording changed to remind patients to download pre clinic
- iPads in clinic to facilitate PREM feedback
- New strategy for laptops for families
- Ran the Sunderland 10K raising money for patient support
- Appointed Ambassador of Fun

Further Actions

Continue meetings - Anne Berry to continue to be QI champion

- Register development work as QI projects supervised through QI structure
- Presenting our work to the Education Innovation Group

Agreed new QI projects for the future

- Electronic nurse empowered patient Insulin Prescription
- New QI project to develop a better approach to psychosocial support including involving children's social care
- Developing new patient education sessions