

East Lancashire Hospital Trust

Consultant Paediatricians - Chris Gardner, Ana Del Rio, Wayne Thornton

PDSN's - Clair Kneale, Vicky Phillips, Helen Stafford, Carol Wade, Karen Smith

Dietitians - Julie Wood, Alison Ashworth

Dietetic Assistants - Paula Smith, Michelle Teare

Psychology – Laura Nicholson, Liz Voyle

Admin - Catherine Fletcher



Our purpose and our areas of work

To empower our 10-15 year old East Lancashire population and their families to improve self management to maintain or improve a cohort median HbA1c of 59mmol/l up to their 16th birthday

Deapp

Pre High school

Carb counting

Concentrated on our education primary driver

Level 1 interventions:

- New diagnosis information packs
- New language posters
- New information posters
- Leaflets on Healthzone UK app

Level 2 interventions:

- Training days
- One to one and group sessions

Monitoring data & comparison with NPDA recommendations

CLINIC ROOM

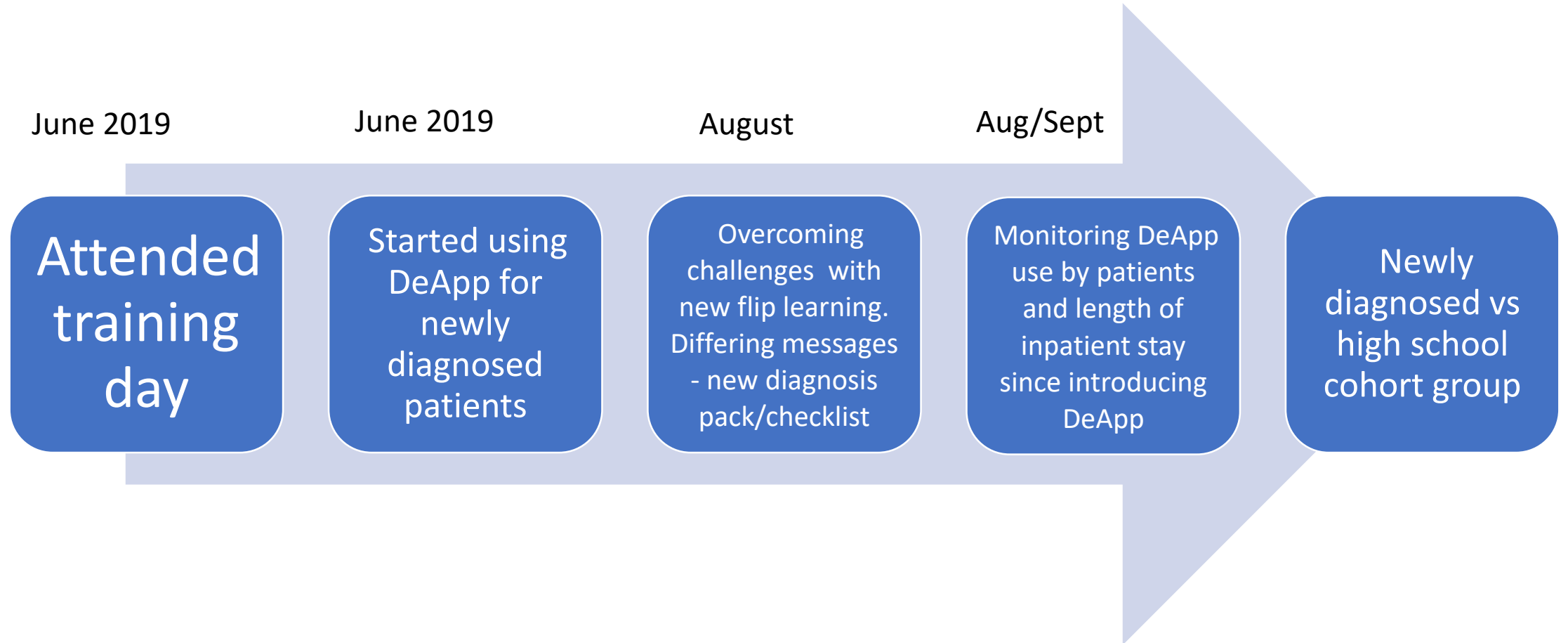
BEFORE



CLINIC ROOM AFTER



DeApp Education Journey



Data- that show the impact so far on DeApp

Data on processes

- 8 new patients with Type1 diabetes
- 16 pre high school patients

Data on outcomes

- All 8 patient have watched all of the videos
- Qualitative feedback from DSN
- Median BG of 6 out of 8 is
6.8 mmol/l
- 5 out of 16 have received Deapp log in

*Better engagement
of the child*

Learning for
extended family

*Learning in a structured approach ensuring families don't race
ahead.*

Difficulty connecting to hospital wi-fi

*Information resource that can be
referred back to*

Videos not in the order we would like.



Some information is
different to what we
would advise.

Easy to understand language for all ages.

Limited dietetic information.

Short videos

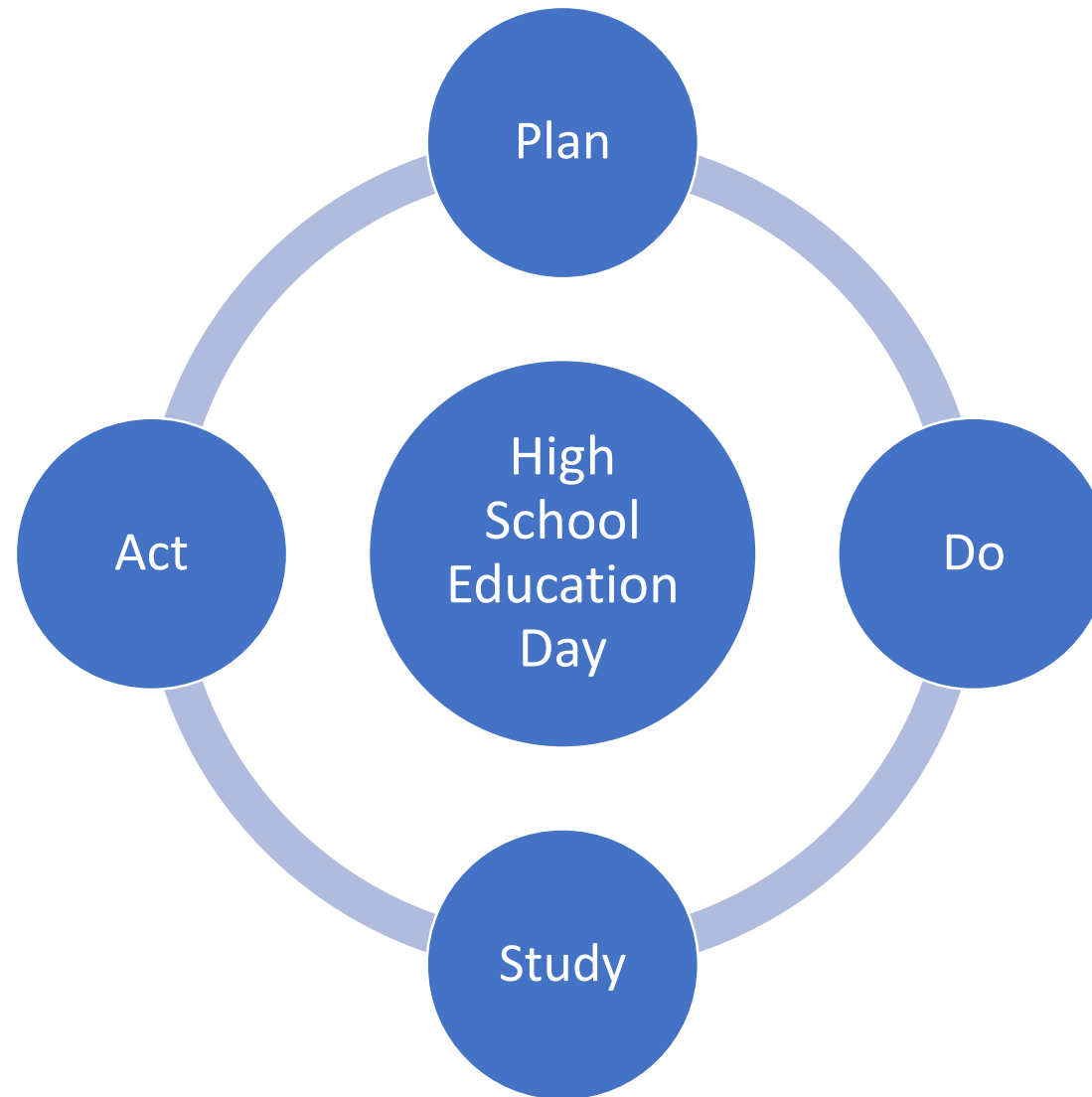
*Constant reminders to watch
the videos*

*Structured education
in a fun way*

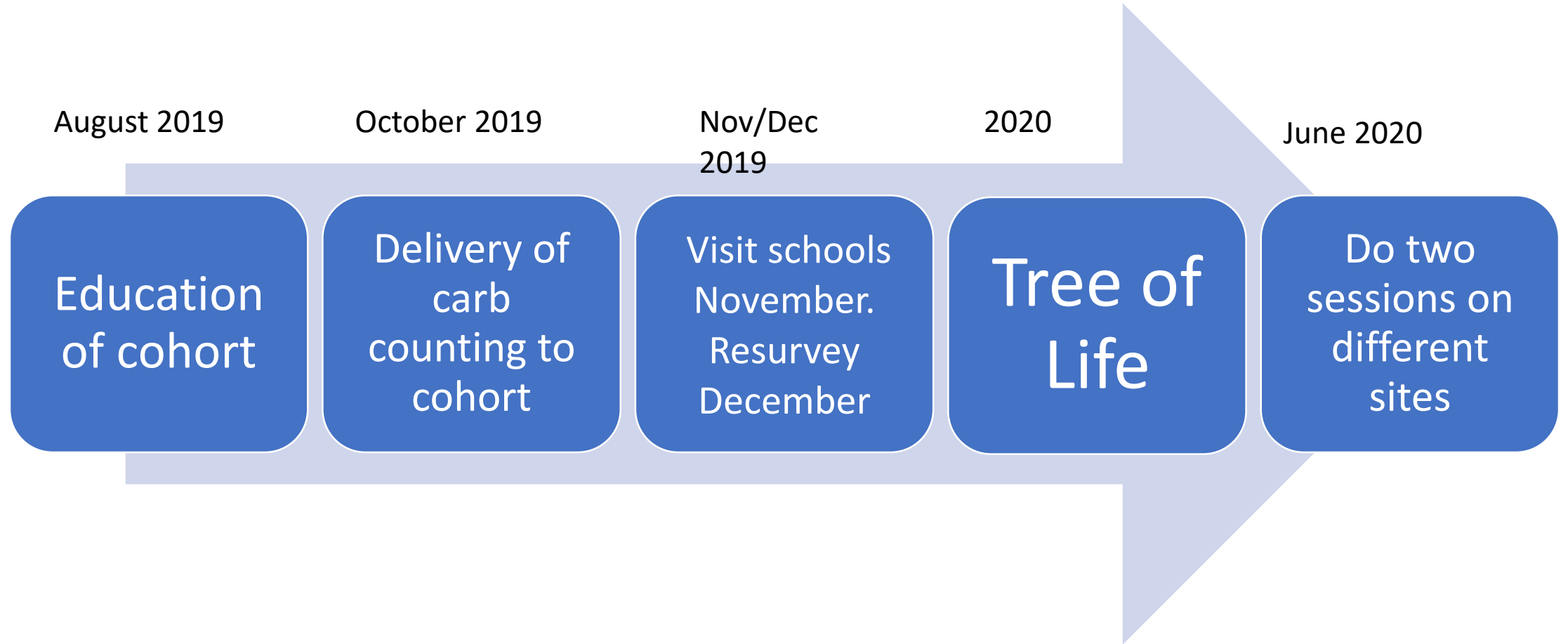
*Instant access to education
outside of working hours.*

Can take more time

PDSA



Pre High School Cohort Improvement Journey



Pre High School Education Session Results

Before

- Worries

- I am worried about questions, if I get asked a question and I don't know the answer

- More people in class and different schools

- Working out insulin right

- Hopes

- More information about diabetes

- More confidence

- More confidence with carb-counting

Now

- Get what you wanted to get from the session

- Yes, very much - 2

Yes, quite a bit – 3

- Best things about the session

- When I found out my main questions

- I learnt an easier way to carb-count

- Exercise session, sports

- Talking to people

- Recommend the session

- Yes - 5

- Attend a future session

- Yes - 4



One barrier that is bugging us- attendance!

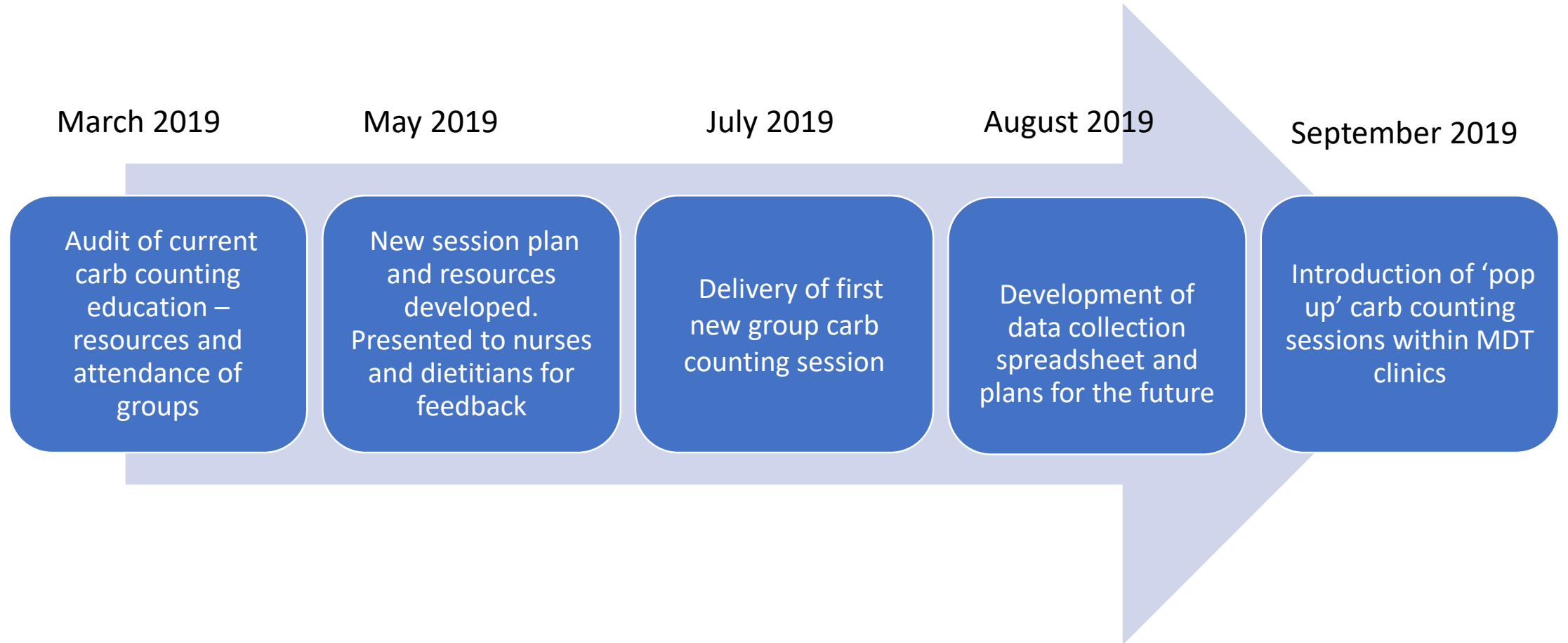
Why was attendance so low?

- Undertaking audit to find out

Possible plans for 2020 high school intake

- 2 different sessions and sites for next Pre High school sessions
- Bring high school and carb counting assessment and education earlier – start in Yr 6 with checklist of what parents need to start preparing for and dates of education sessions
- Prepare pre high school group earlier to relieve anxieties and raise education needs – carb counting

Carb Counting Improvement Journey

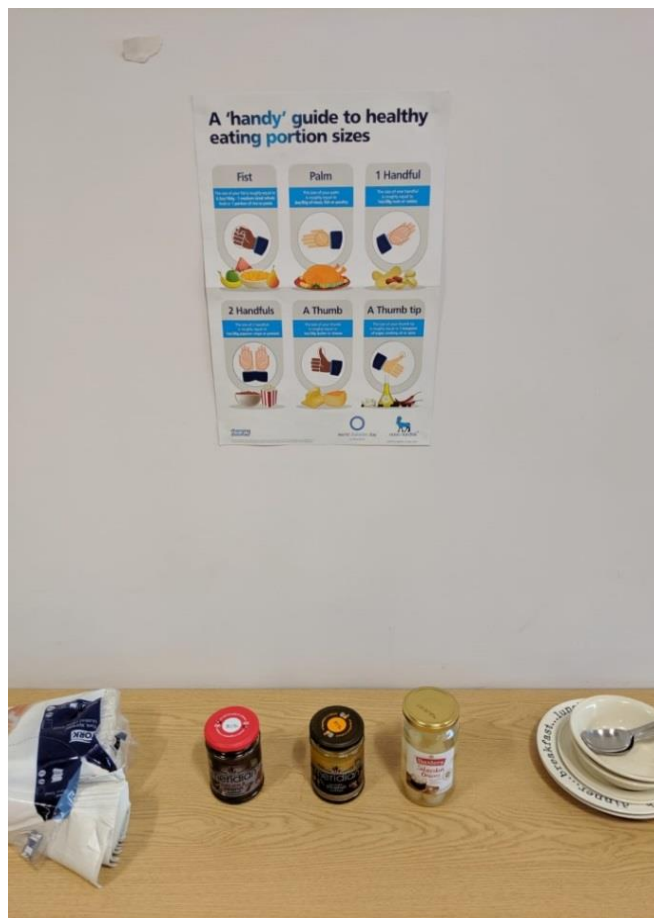
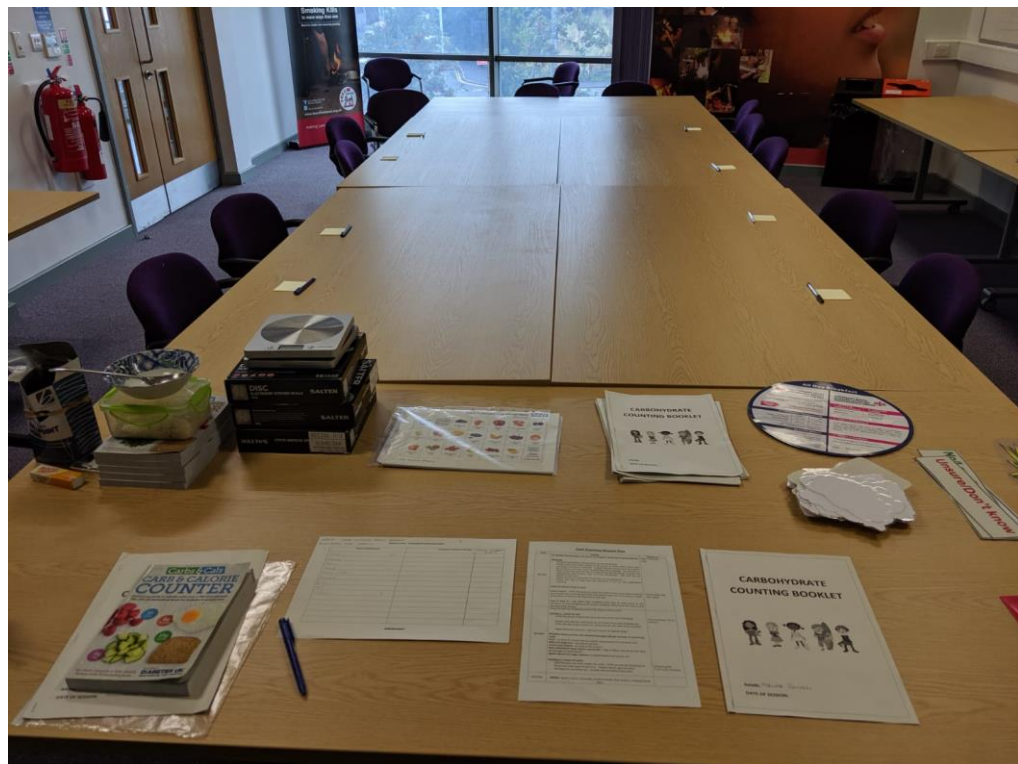


RESULTS SO FAR:

- 28 patients seen for CC since the beginning January 2019 – old and new training – mixture of group and one to one sessions
- New CC session used from May 2019. Group attendance risen from 1 - 2 to 4 - 5 (still not 100% attendance)
- 4 patients seen for CC as a result of the 'pop up' clinics
- 13 of the 28 patients have had a 3month HbA1c: 8 of which had improved their HbA1c, 1 stayed the same, 3 had increased and 1 couldn't be compared (newly diagnosed). 6 month HbA1c's coming up
- All families would recommend the CC training to other families and 100% felt more confident to CC!



CARB COUNTING GROUP SESSION RESOURCES



MEAL/TIME & FOOD ITEMS	PORTION SIZE	1st COLUMN	CARBS
Breakfast			
Wheaties	2 biscuits		
Milk - semi skimmed	175g		
Wholemeal bread (red)	2 slices		
Butter	2 teaspoons		
Banana	1 x 10		
Total carbs			
LUNCH			
Ham Salad + cake/Bap	1 bap/1 cake		
with Mayonaisse	2 strips		
For-fillo chips	30g		
Low fat fruit yoghurt	1 pot		
Diet Coke	1 can		
Total carbs			
Snack			
1 Apple	150g		
Total carbs			
Tea			
Fish fingers	3 fish fingers		
oven chips	91g		
Garden Peas	50g		
Corn on the cob	1 cob		
Sugar free cordial	1 glass		
Strawberries	100g		
Cream	30g		
Total carbs			



**POP UP
SESSION
IN MDT
CLINIC**

