

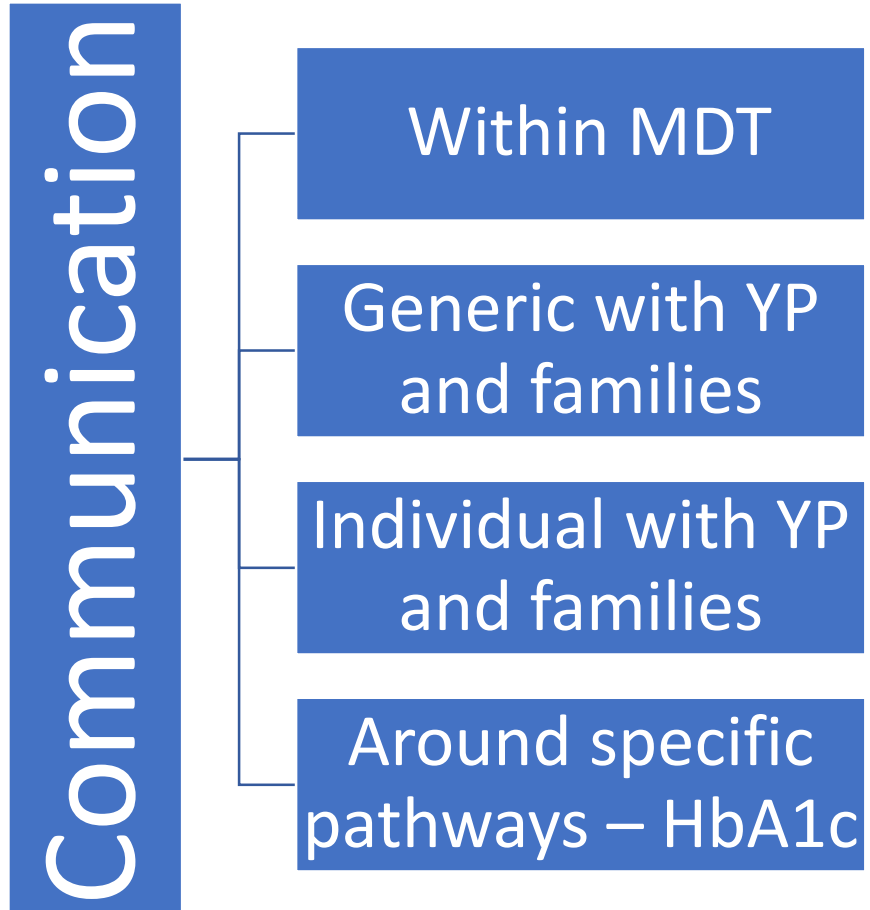
Tameside and Glossop Integrated Care NHS Foundation Trust



Dr Sarah Tatnall- Lead Paed Consultant
Dr Jackie Birch- Paed Consultant
Jenny Butterworth- Lead PDSN
Karen Wright- PDSN
Rachel Lawson- Dietitian
Rebecca Shaw- Dietetic Assistant
Kate Moss- Psychologist
Jade McAleer- Diabetes Clerical Co-ordinator

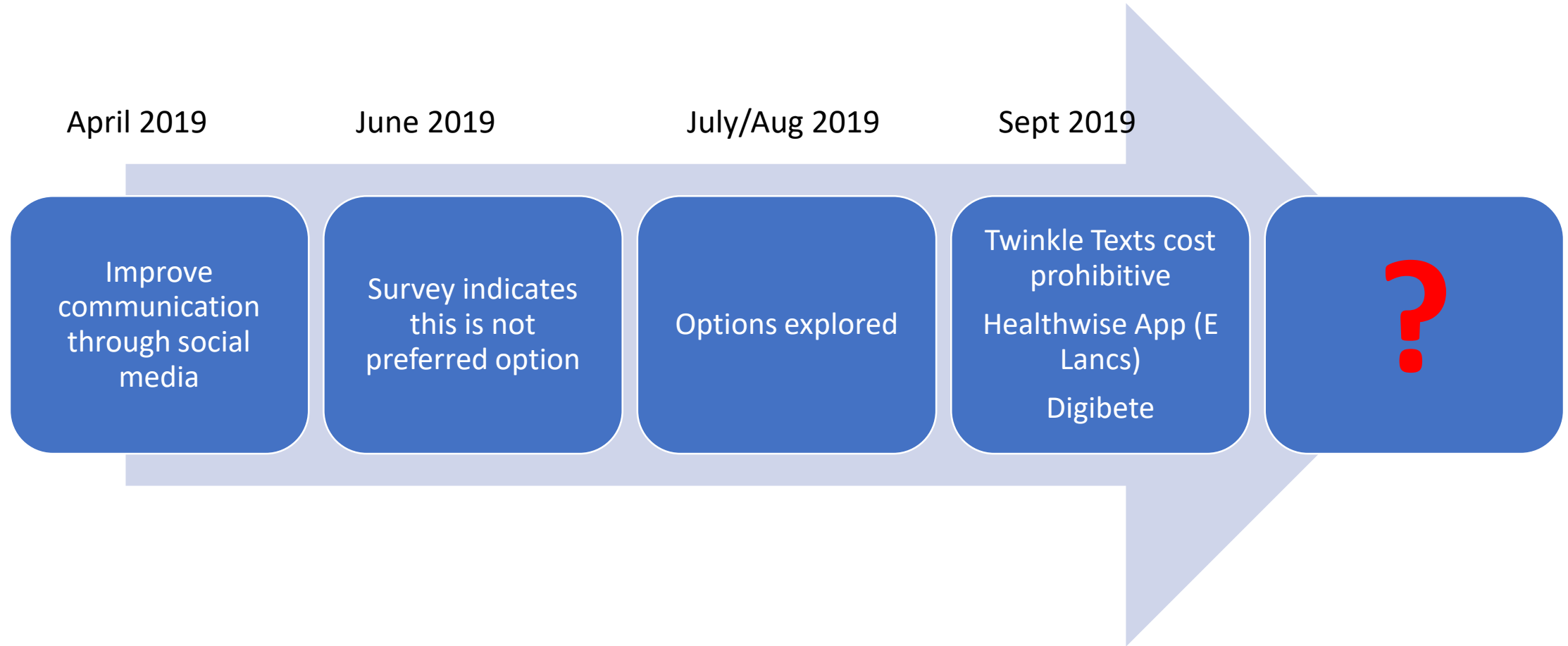


Our purpose and our areas of work

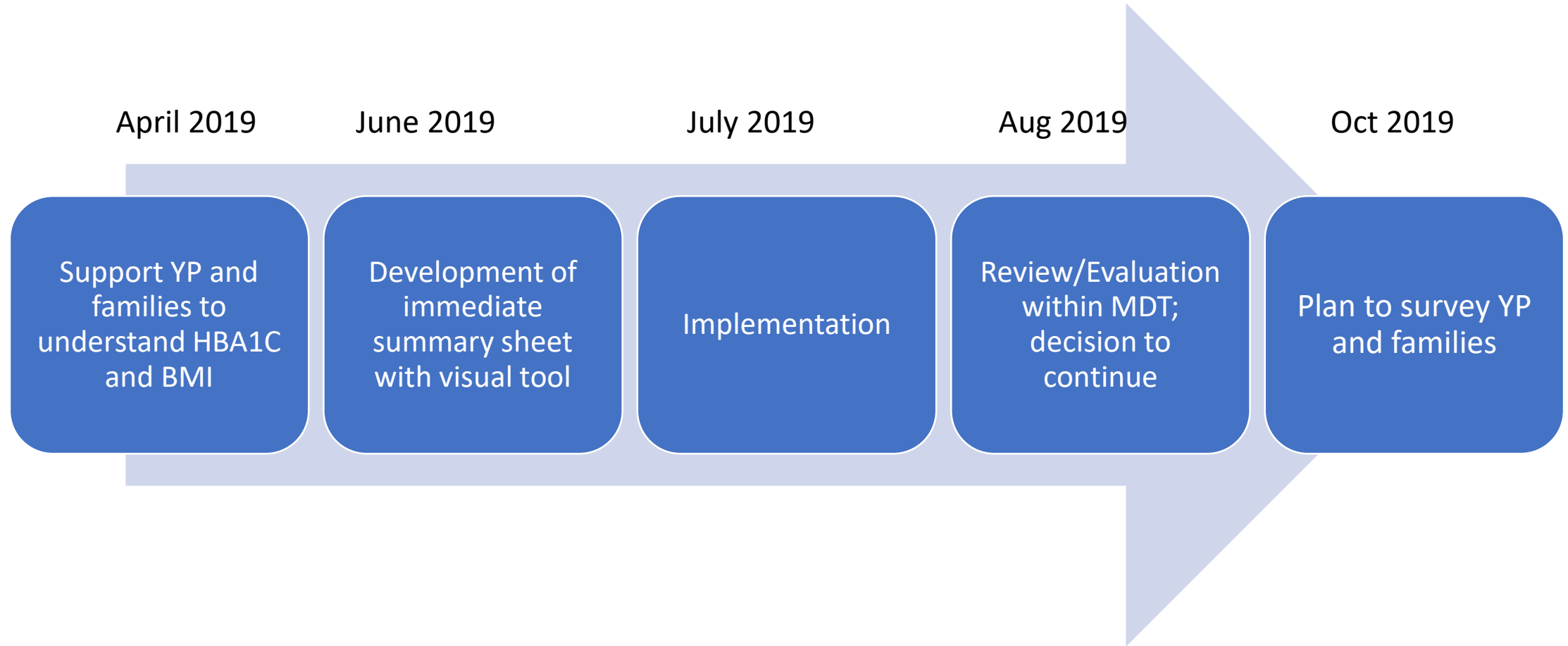


- Generic Communication with YP and Families:
 - Survey; unexpected outcome
 - **Adaption**: Explore preferred options
- Individual Communication with YP and Families:
 - Hand written action plan (July 2019)
 - Focus on HbA1C and BMI with visual tool
 - Patient centred High HbA1c tool

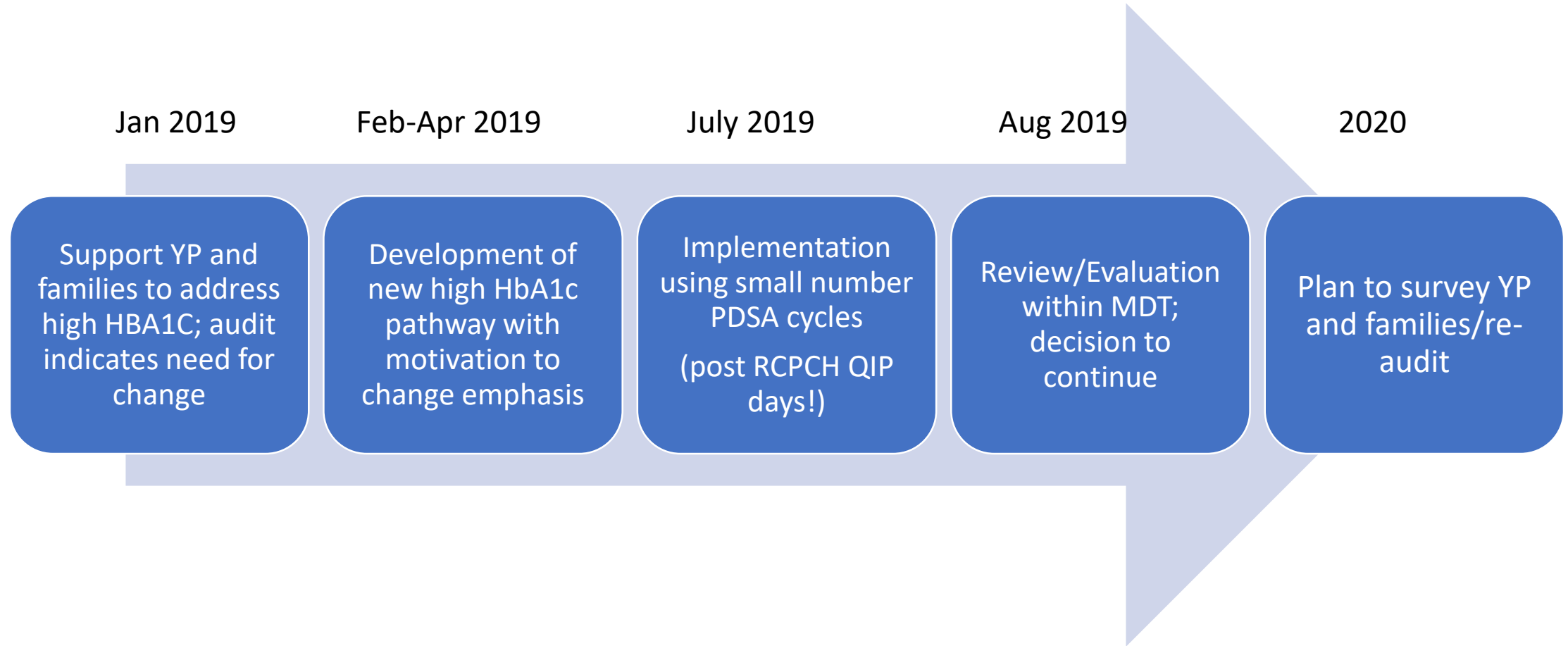
Our improvement journey- the steps we took: Generic Communication



Our improvement journey- the steps we took: Individual Communication 1



Our improvement journey- the steps we took: Individual Communication 2



Clinic Summary

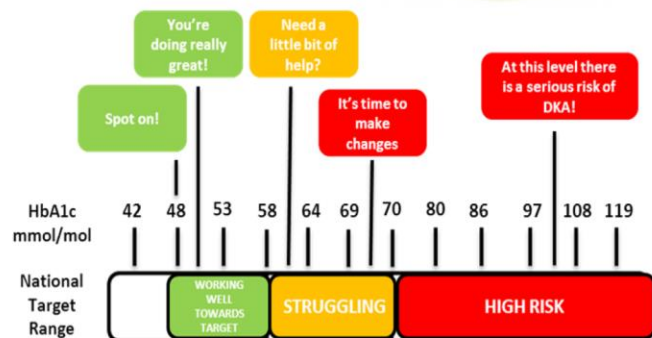
Name

Date/...../.....



Blood Glucose Targets

- ✓ Before Meals: 4.0-7.0mmol/L
- ✓ 2 Hour post meal: 5-9mmol/L
- ✓ Before Bedtime: 5-8mmol/L Aim for 6mmols



Insulin to Carbohydrate Ratios:		Insulin Sensitivity Factors (correction dose)	
Breakfast:	1 unit forg	1 unit drops Blood Glucose by mmol	
Lunch:	1 unit forg	Other:	
Tea:	1 unit forg		
Supper:	1 unit forg		
Levemir/Lantus/Tresiba	Units	Changed to	Units
Total Daily Insulin Dose	Units		
Sick Day Dose	10% = Units	20% =	Units

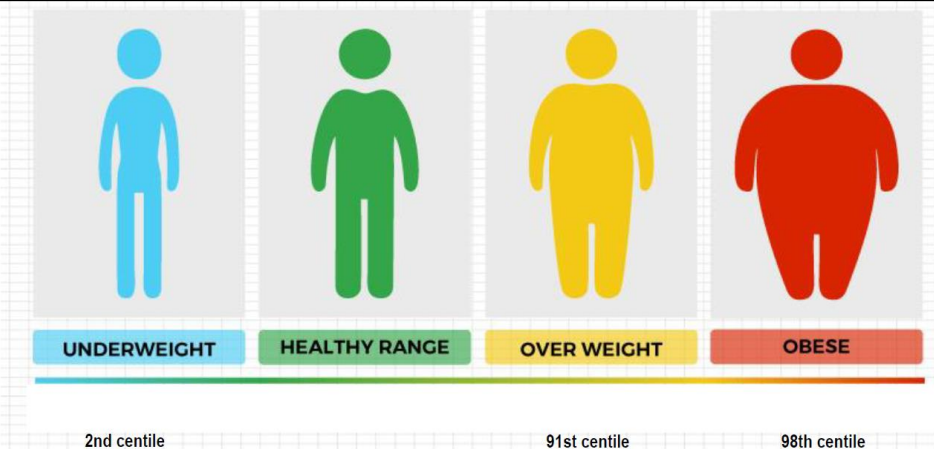
Name of Insulin Pump:

Total Basal Insulin: Units

Pump basal rate changes:

Action Plan until next appointment:

Next clinic appointment due:



Living an active lifestyle and eating well are important ways to look after yourself and your diabetes. Your weight, height and body mass index (BMI) are a measure of how well balanced your food and activity are and so we measure these at every clinic visit. If you would like to know more about this or have any concerns about eating, drinking or activity then please ask to speak to the dietitian or dietetic assistant.

Named Nurse:.....**Tel no:**0161 922 4844/5433

Children's Dietitian & Dietetic Assistant: Rachel and Becky Tel no: 0161 366 2376

Appointments: Jade McAleer Tel no: 0161 922 5262

Team Psychologist: Kate Moss Tel no: 0161 922 5262

Mon – Fri: Between the hours of 08.30 -16.30 please contact designated key worker office/mobile numbers
Mon – Fri, Out of hours (16.30-09.00) and all day Weekends/Bank holidays please contact the hospital switch board on 0161 922 6000 and ask to be out through to the on-call paediatric registrar

Data- the impact we hope for.....

- Generic Communication

- Improved Flu jab and Retinopathy screening uptake as evidenced by NPDA data
- YP and families able to access team information/guidelines at their convenience via apps
 - Survey
 - In-App monitoring of use
 - Reduced admissions

- Individual Communication: Immediate Clinic Summary Sheet/High HbA1c pathway

- Understanding of health data (HbA1C and BMI)
- Motivation to change
- Written reminder of key discussion/changes immediately available
- Improved HbA1c and BMI data for our population – **improved long term health**



What have we learnt and how are we building that learning into our daily work

- **Positives !!**

- All MDT involved; work not confined to role specific tasks- outstanding teamwork
- Small number PDSA cycles are achievable and beneficial

- **Things to Remember**

- Ask your YP/families first !
- Don't make too many changes at once – overwhelming
- Learn from other teams

One barrier that is bugging us

- Financing initiatives eg Apps
- Time Constraints/ other pressures
- How have other teams approached this ?
- Peer reviews/ gaps within team/clinical need and priority