

## Newly Diagnosed Type 2 Structured Education Pathway – Post Discharge / post initial diagnosis

<p><b>Home visit</b></p> <p>Dietitian (within 1-2 weeks)</p> <p>RESOURCES: <a href="#">lifestyle booklet.doc</a></p>	<ul style="list-style-type: none"> <li>• Healthy eating in detail</li> <li>• Discuss' Eat well 'guide and any changes that need/can be made to diet.</li> <li>• Exercise advice- look at routine and advise on specifics such as school and after school clubs</li> <li>• Types of Carbs and Daily carb allowance</li> <li>• Weigh portions</li> <li>• Shopping Trip ?</li> <li>• Re-assess knowledge</li> </ul>
<p><b>School visit</b></p> <p>Diet/ PDSN</p>	<ul style="list-style-type: none"> <li>• Provide support with Exercise advice &amp; find out what is available</li> <li>• Carbohydrate awareness, carb prescription</li> <li>• Care plan</li> </ul>
<p><b>MDT Clinic</b></p> <p>Within 1month post discharge</p>	<p><b>Consultant</b></p> <ul style="list-style-type: none"> <li>• Assess knowledge and understanding</li> <li>• Assess progress with lifestyle changes for the family</li> <li>• Wean insulin protocol</li> <li>• Check tests: BP, LFTs, ATL, AST, GGT, Sleep study done, liaise with Dr Surendran Thavaganam</li> </ul> <p><b>Parents alone (if not done as inpatient)</b></p> <ul style="list-style-type: none"> <li>• Family Health and parents diabetes treatment</li> <li>• Dealing with diabetes as a family</li> <li>• Long term consequences</li> <li>• Rational for lifestyle changes and treatment</li> <li>• Barriers to change</li> <li>• Importance of parental modelling</li> </ul>
	<p><b>Psychology Assessment</b></p> <ul style="list-style-type: none"> <li>• Assessing for Depression and anxiety (PI-ED) and eating disorders</li> <li>• Eating &amp; exercise habits of family and perception of weight / health</li> <li>• Finding out about you – school / goals / hobbies</li> </ul> <p><b>Dietitian</b></p> <ul style="list-style-type: none"> <li>• Dietary changes made</li> <li>• Assess knowledge and understanding</li> <li>• Diasend download: carb portions ? meet prescription</li> <li>• Exercise</li> <li>• Salt</li> <li>• Fat content</li> <li>• Sleep</li> <li>• Snacking</li> </ul>
<p><b>2month MDT</b></p>	<p>Consultant</p> <ul style="list-style-type: none"> <li>• Weaning insulin protocol</li> <li>• Review test results: BP, LFTs, ATL, AST, GGT, Sleep study</li> <li>• Weight</li> </ul>
<p><b>3month MDT</b></p>	<p>Joint Diet and Psych review re: next steps, motivation</p>

<b>MDT Clinic</b>  3 months post diagnosis	<b>Consultant</b> <ul style="list-style-type: none"> <li>• Assess changes to weight, BP and lifestyle, assess with family what steps are appropriate next</li> <li>• Research studies, review eligibility and interest</li> </ul>
<b>Psychology Assessment</b> Assess what is going well, not going well. Motivation Challenges and barriers	
<b>Dietitian</b> <ul style="list-style-type: none"> <li>• Assess changes to weight, ? maintain or achieved 5% weight loss.</li> <li>• Diasend download: carb portions ? meeting prescription</li> <li>• Exercise</li> <li>• Salt</li> <li>• Fat content</li> <li>• Sleep</li> <li>• Snacking</li> </ul>	

**3months Post Discharge**

<b>Dietitian Clinic</b>	<ul style="list-style-type: none"> <li>• Weight</li> <li>• Progress with Goals</li> <li>• Re-assess knowledge <ul style="list-style-type: none"> <li>- Sweeteners</li> <li>- GI</li> <li>- Shopping</li> <li>- Exercise</li> <li>- Sugar</li> <li>- Fats</li> <li>- Fibre</li> <li>- Vegetables</li> <li>- Eating out &amp; takeaways</li> </ul> </li> </ul>		
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**Annual review**

	<ul style="list-style-type: none"> <li>- PIED</li> <li>- EDS screening</li> <li>-</li> </ul>		
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