

**Cambridgeshire Community Services
North West Anglia NHS Foundation Trust
Our QI Journey So Far**



Cambridgeshire Community Services

Now North West Anglia NHS Trust

Dr Rajiv Goonetilleke (clinical lead)

Dr Madhu Easwariah

Dr Kozhimuttam Ramesh

Vicky Surrell (PDSN)

Mel Bywater (PDSN)

Victoria Williams (admin)

Katy Sparrow (Dietitian)

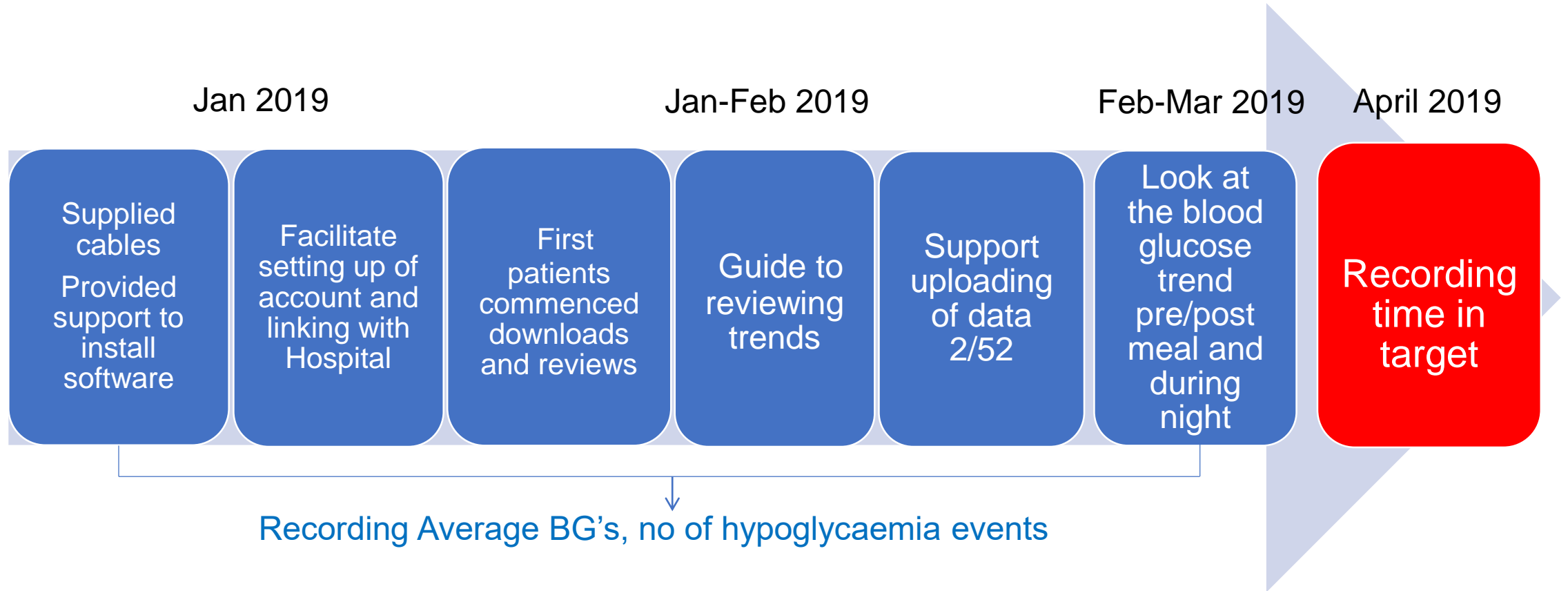


Our aim

To improve education and self management skills for
children aged 8-12 years and their families
and
consequently improve time in target range and HbA1c.

Our improvement journey

Step 1 - Downloading and reviewing BG's



Process

- Out of 16 patients, 4 of the group were downloading regularly at home and 3 were downloading occasionally out of which 2 were interpreting the data and also making changes regularly.
- Now 14 patients have access to computer at home and 1 has access in school and 1 has not started.
- 6 MDI patients were supplied with realtime cables.
- Remaining 10 patients have insulin pumps +/- CGMS and access to Carelink or Diasend accounts.
- Currently 94% (15) are downloading data - max of 6 potential downloads so far of which:
 - 15 downloaded 3 times
 - 12 downloaded 4 times
 - 9 downloaded 5 times
 - 4 downloaded all 6 times

Our improvement journey

Step 2 - Evaluating parental perceptions of the QI project

Jan-Mar 2019

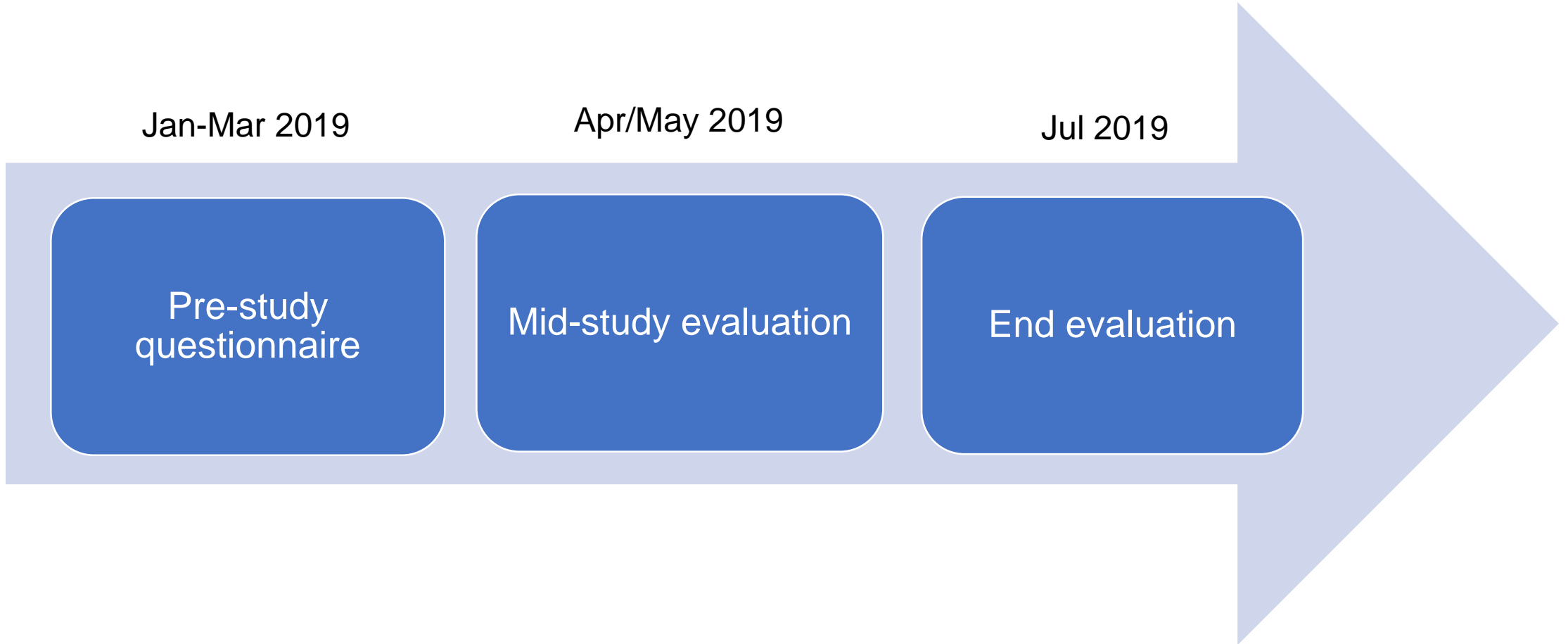
Pre-study
questionnaire

Apr/May 2019

Mid-study evaluation

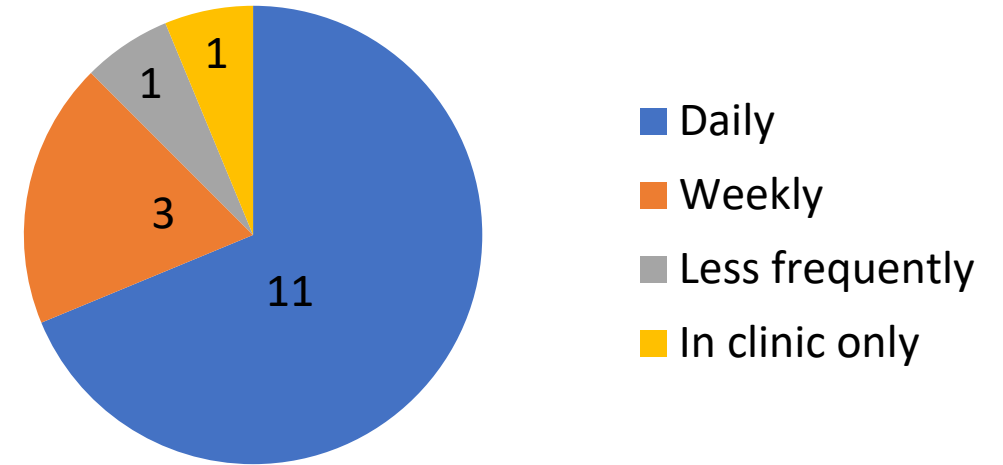
Jul 2019

End evaluation

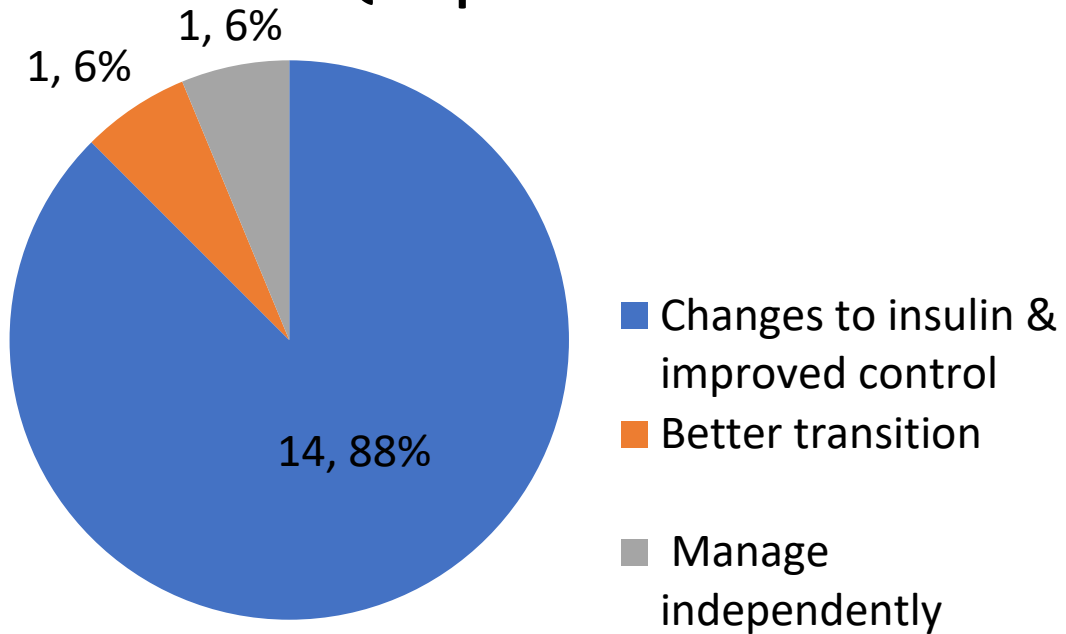


Pre study evaluation of knowledge

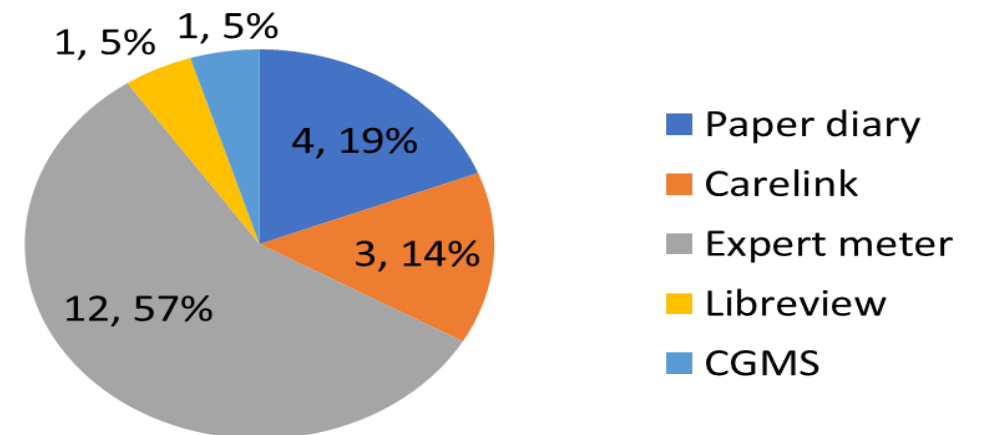
How often look at child's BG value



QI expectations

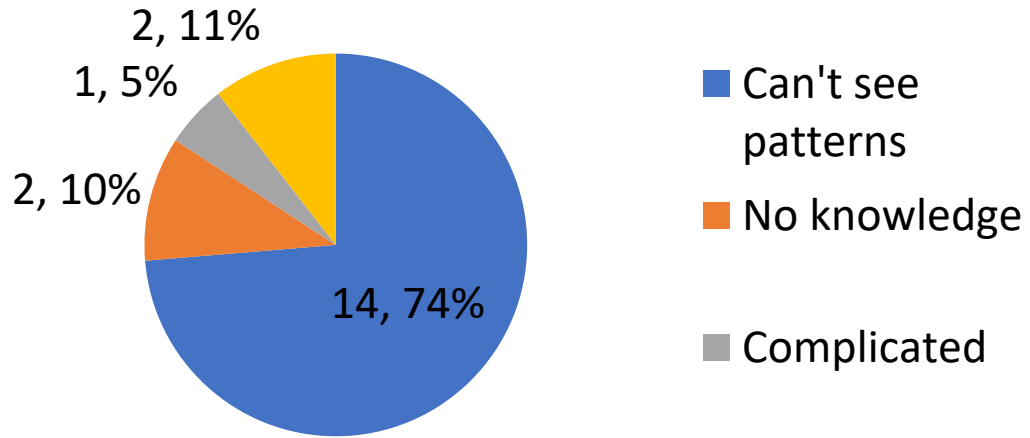


How you look at BG reading

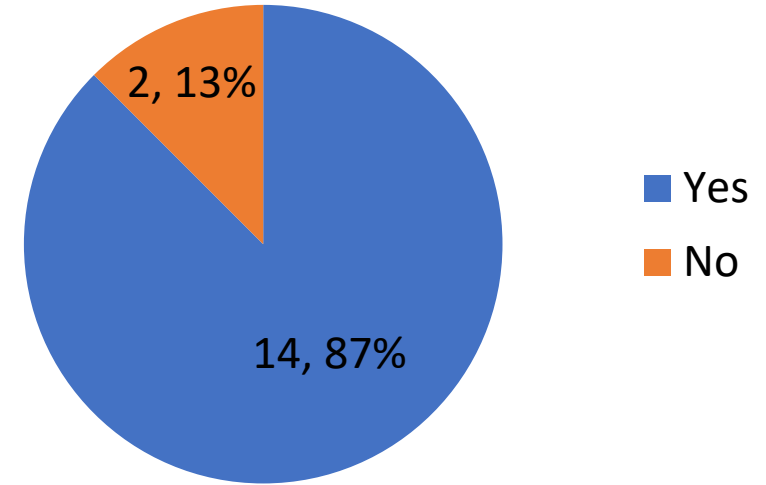


Pre study evaluation of knowledge

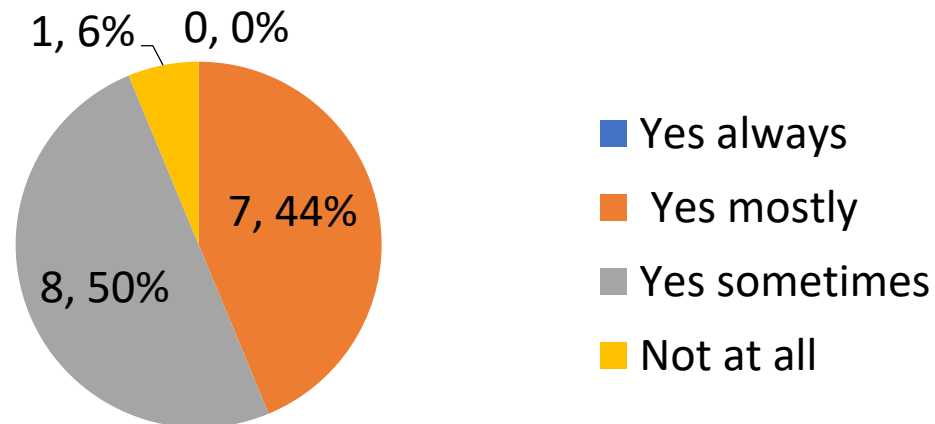
Challenges in looking BG reading



2wkly upload & review achievable

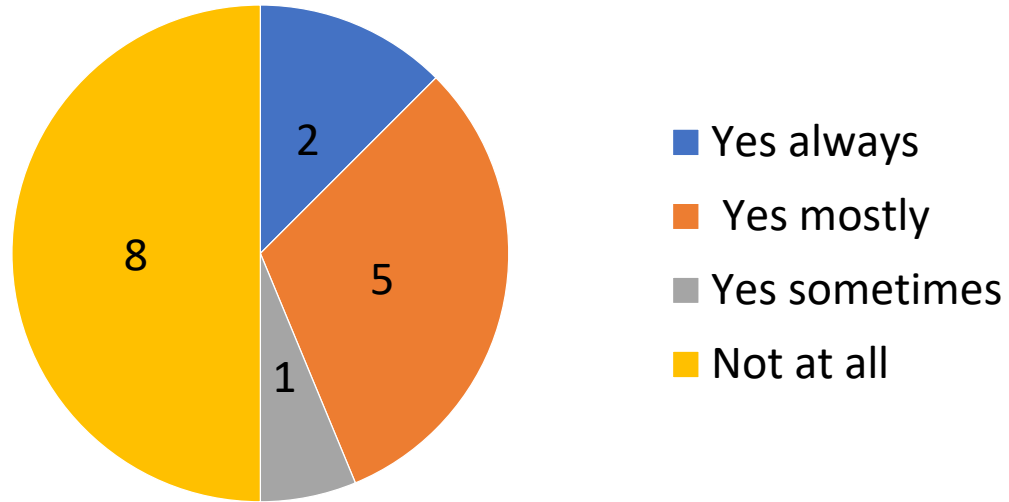


Identify pattern in BG reading

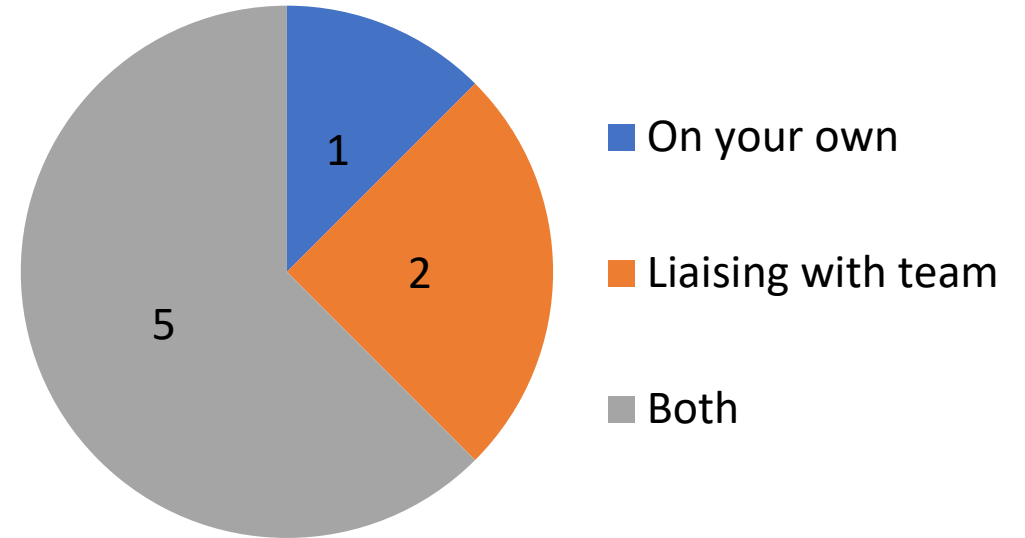


Pre study evaluation of knowledge

Adjusting insulin dose on patterns



How they made changes

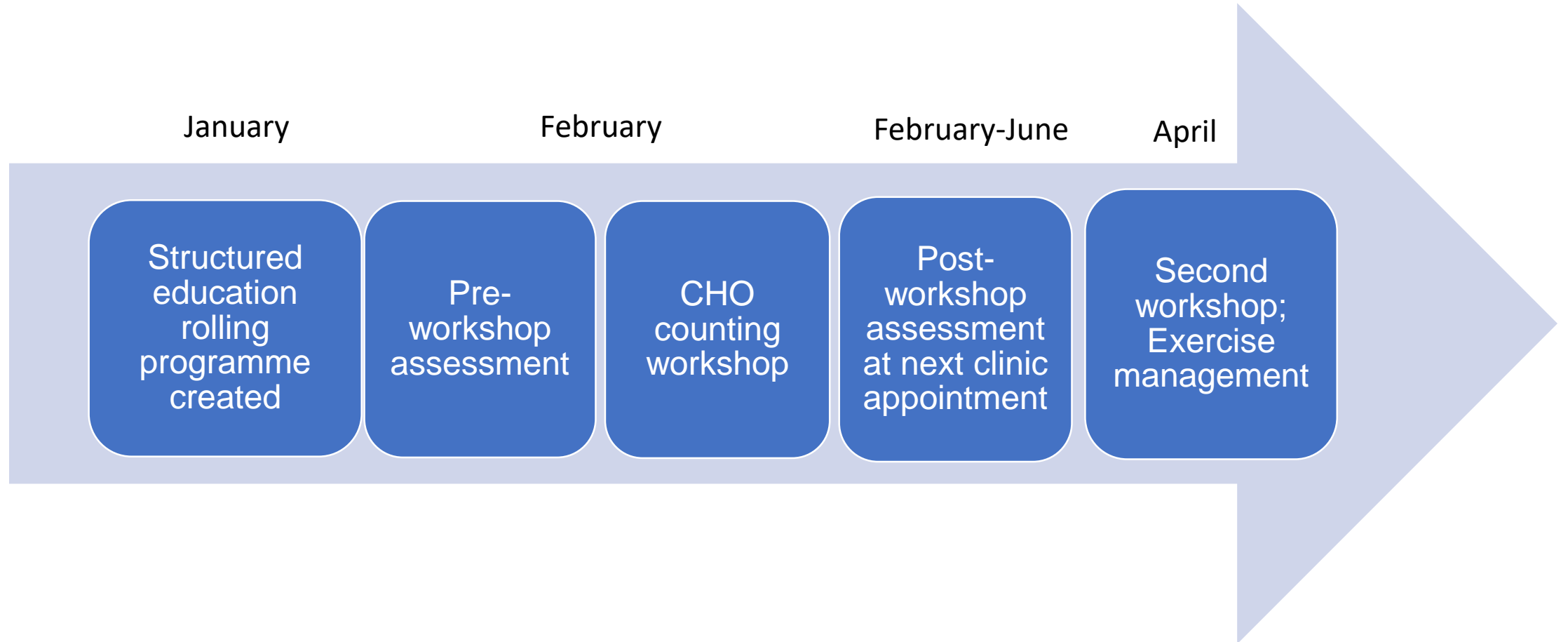


Challenges in participation

- IT challenges – Access to computer, uploading carelink computer data
- Ability to attend education sessions

Our improvement journey

Step 3 - Group structured education sessions for children



Structured Education sessions



Education Sessions – Every 3rd Wednesday, every other month.

Date	Session Name	Location
20 th February 4 :00 – 5: 30 pm	Advanced Carbohydrate Counting	Seminar Room, Children's outpatients Hinchingbrooke Hospital.
17 th April 2019 4 :00 – 5:30 pm	Managing Physical Activity	Seminar Room, Children's outpatients Hinchingbrooke Hospital.
19 th June 2019 4 :00 – 5: 30 pm	Advanced Carbohydrate Counting	Seminar Room, Children's outpatients, Hinchingbrooke Hospital.
21 st August 2019 4 :00 – 5: 30 pm	Teen talk	Seminar Room, Children's outpatients, <u>Hinchingbrooke</u> Hospital.
23 rd October 2019 4:00 – 5: 30 pm	Managing Physical Activity	Seminar Room, Children's outpatients Hinchingbrooke Hospital.



Structured Education sessions so far...

- **Advanced Carbohydrate counting session**
- In total 9 patients have attended the advanced carb counting session (4 from QI project).
Pre attendance questionnaire scores = 79 % (average), 90 % (mean).
- *Awaiting data collection in follow up clinic from post session questionnaire*

- **Physical Activity**
- In total 5 patients attended this session (2 from QI project).
Pre attendance questionnaires scores = 71 % (average)71% (mean).
- *Awaiting data collection in follow up clinic from post session questionnaire*

Some positive feedback received!...

Evaluation Sheet

Thank you for attending the Carbohydrate Counting Workshop.
Please take a couple of minutes to feedback on what you enjoyed about the session and what we can do to improve next time.

	Increased since I attended this session	Decreased since I attended this session	Not changed since I attended this session
My knowledge about how different foods affect my blood glucose has ...	✓	✗	
My understanding of identifying carbohydrates has ...	✓		
My knowledge of the different methods of carbohydrate counting has...	✓		
My understanding of food labels has...	✓		

Question 1:

What was your favourite thing(s) about the session? *Hands on!*

Question 2:

What was your least favourite thing(s) about the session?

Please feel free to write any further comments below on how you think the session can be improved. Thank you!

Comments: *I love the little ideas of egg size etc it helps stick in my mind.*

Evaluation Sheet

Thank you for attending the Carbohydrate Counting Workshop.
Please take a couple of minutes to feedback on what you enjoyed about the session and what we can do to improve next time.

	Increased since I attended this session	Decreased since I attended this session	Not changed since I attended this session
My knowledge about how different foods affect my blood glucose has ...	✓		
My understanding of identifying carbohydrates has ...	✓		✗
My knowledge of the different methods of carbohydrate counting has...			✓
My understanding of food labels has...			✓

Question 1:

What was your favourite thing(s) about the session?

Seeing what foods you should count.

Question 2:

What was your least favourite thing(s) about the session?

Nothing

Please feel free to write any further comments below on how you think the session can be improved. Thank you!

Comments: *Really informative, thanks so much!*

Evaluation Sheet

Thank you for attending the Carbohydrate Counting Workshop.
Please take a couple of minutes to feedback on what you enjoyed about the session and what we can do to improve next time.

	Increased since I attended this session	Decreased since I attended this session	Not changed since I attended this session
My knowledge about how different foods affect my blood glucose has ...	✓		
My understanding of identifying carbohydrates has ...	✓		
My knowledge of the different methods of carbohydrate counting has...	✓		
My understanding of food labels has...	✓		

Question 1:

What was your favourite thing(s) about the session?

Play your Carbs right.

Question 2:

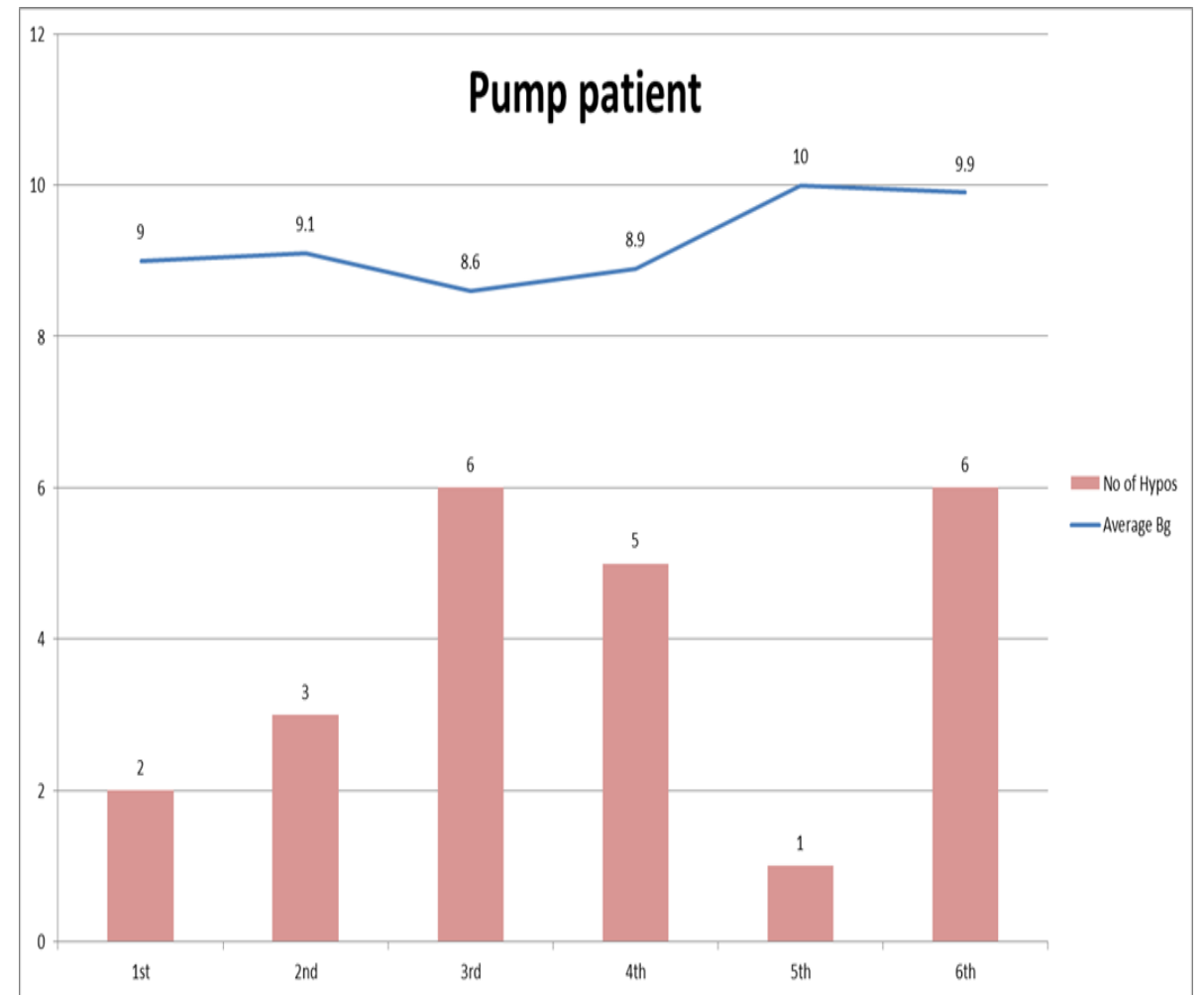
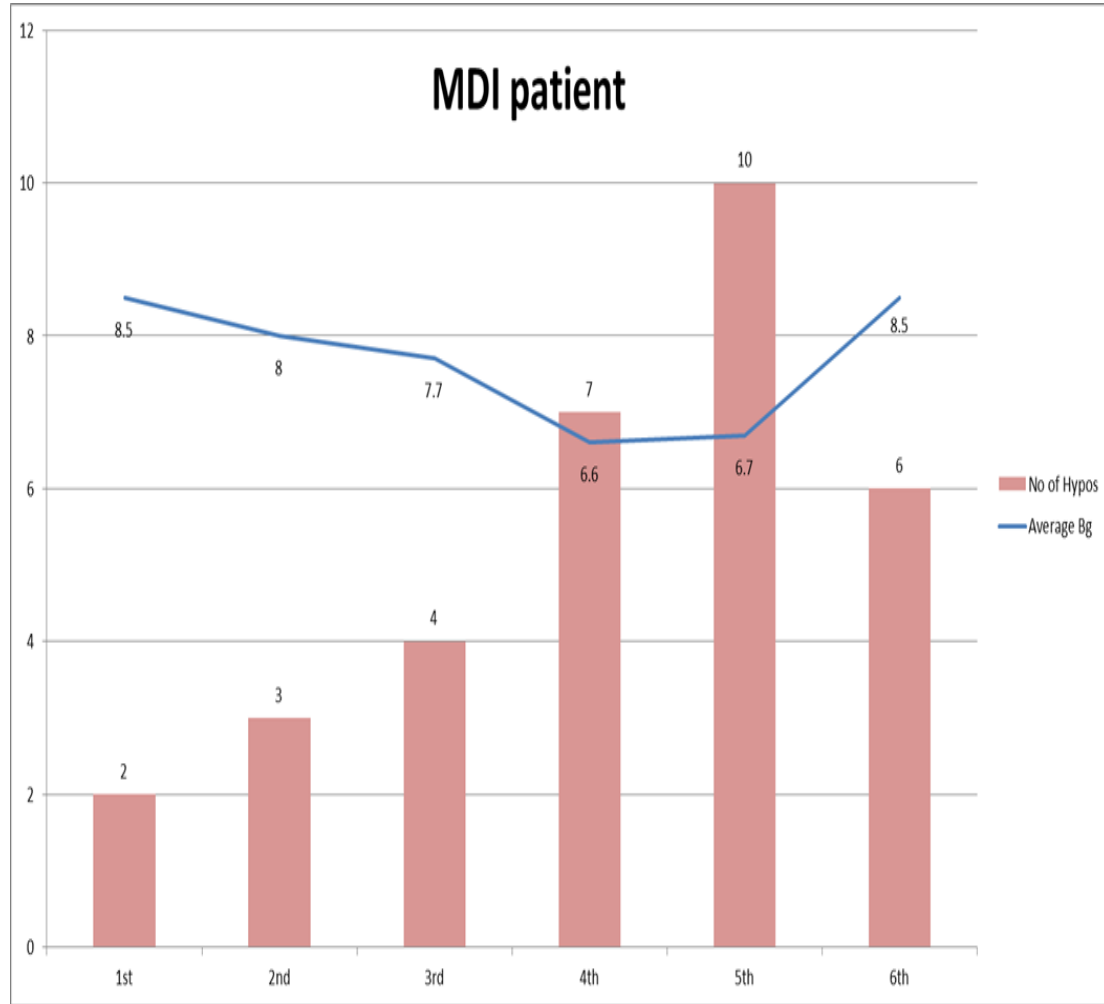
What was your least favourite thing(s) about the session?

N/A

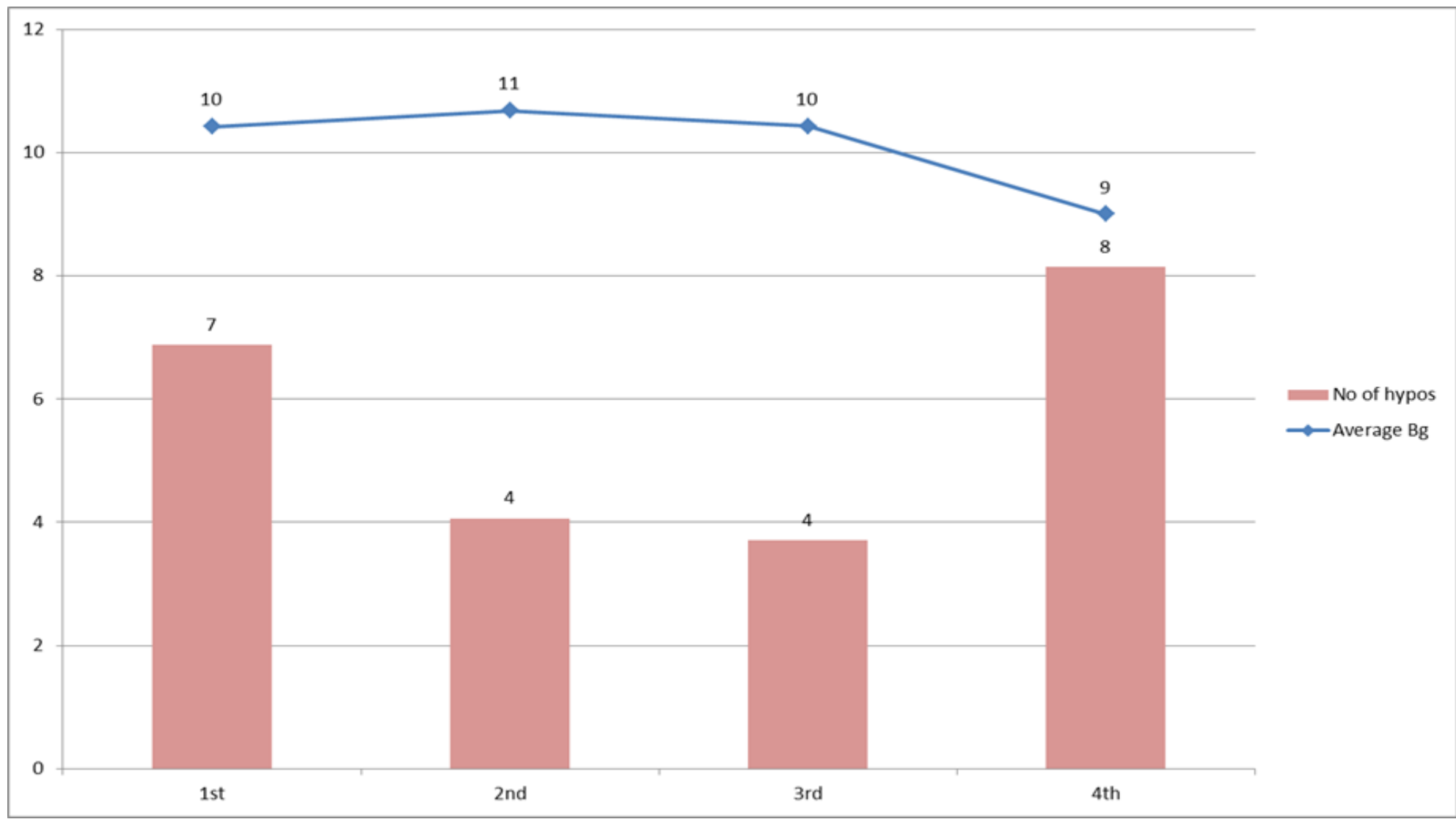
Please feel free to write any further comments below on how you think the session can be improved. Thank you!

Comments: *Very informative and helpful.*

Snapshot of individual journey so far



Average of 15 patients



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

<ul style="list-style-type: none"> • QI requires regular dedicated time for team discussion. 	<ul style="list-style-type: none"> • Additional team meetings for QI every 2 weeks.
<ul style="list-style-type: none"> • Presentation of the data 	<ul style="list-style-type: none"> • Additional help from data analysis department available.

Barriers to home downloading and reviews:-	
<ul style="list-style-type: none"> • Not easy to access parents to discuss downloads within PDSN working hours 	<ul style="list-style-type: none"> • PDSN's scheduling next discussion date and time in diaries at end of contact.
<ul style="list-style-type: none"> • Children not always available for download discussions unless scheduled as home visits or after school hours. 	<ul style="list-style-type: none"> • Encouraging child and parent to discuss. • Additional workshops scheduled for learning to review downloads.
<ul style="list-style-type: none"> • Families find it difficult attending workshops. 	<ul style="list-style-type: none"> • Workshops open to all families and not just those in QI project group.

What we would like help with: How we write a guide for dose adjustment

What we have tried

- Reviewed guide produced by Birmingham children's Hospital

Concerns include

- How prescriptive to be
- How to be easy to follow yet comprehensive enough to be useful
- Different guides for pump and MDI
- Based on clinical experience/research based and referenced.

What we would like to know from other teams

- What are other people using?
- How have they overcome the debate re: clinical experience/evidence based?