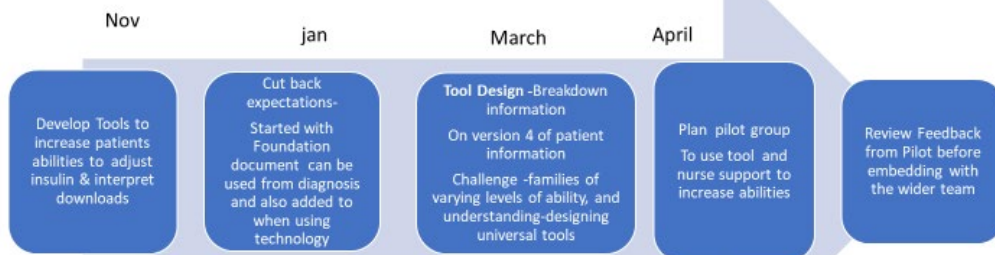


Technology branch

Team Photo

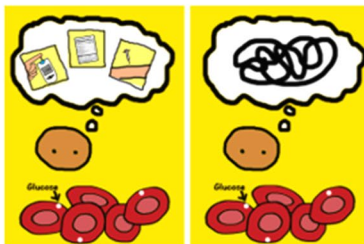
Goal: Improve patient/ family self management and safe insulin adjustment

Downloading Technology Group – the steps we took



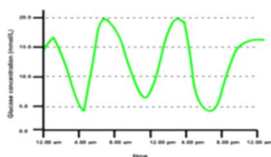
Considering adjusting your insulin doses?

This is not easy, and it is something your Paediatric Diabetes Specialist Nurse does everyday, so if you're ever unsure please call us for support and advice on 01743 450855 option 2.



As your child grows and develops their insulin, requirements change.

Insulin doses need changing, this does not always line up with a clinic or meetings with a member of the team. Have you noticed a pattern of low blood or high blood glucose readings over 3 or more days? Then change in dose should be considered.



Blood Glucose target range: is between 4-7mmol with an average glucose level of less than 8mmol (you can find this in your meter), we know that this reduces the risk of long-term complications.

Blood Glucose testing: Glucose checks need to be at least 4 times a day, but often more than 6 times a day. CYP has a CGMS.

Time in Range: Lack of fluctuation in glucose levels can be as important as time in target range, fluctuating glucose levels can lead to unawareness of higher and lower levels increasing the risk of needing emergency care.

HbA1c: HbA1c gives a picture of the last 3 months, what the glucose management has been like. We are aiming for an HbA1c of below 48mmol or 6.5%.

Outcome Data

Positive

- Uniformity on message from the team
- Good to have something to refer back to

Negative

- Complicated / wordy (“ 13 months ago would have found it mind blowing “ “Needed to go over first steps calculations to try and understand it”
- Needs breaking down (Page 1 and 2 Paragraphs need splitting to make shorter sentences “ would be easier to understand if broken down into sections”
- Some Calculations may be overwhelming for some people.
- ISF section confusing , “ needed to read a few times to get my head round it “

Other thoughts

- Offer Group sessions
- Documents on Illness and exercise

Bright Spots

- Got agreement from everyone
- Produced the leaflet
- Got feedback from service users
- Made changes and adapted leaflet

Further Actions

- Roll out leaflet to all families on caseload
- Start work on next level of interpretation