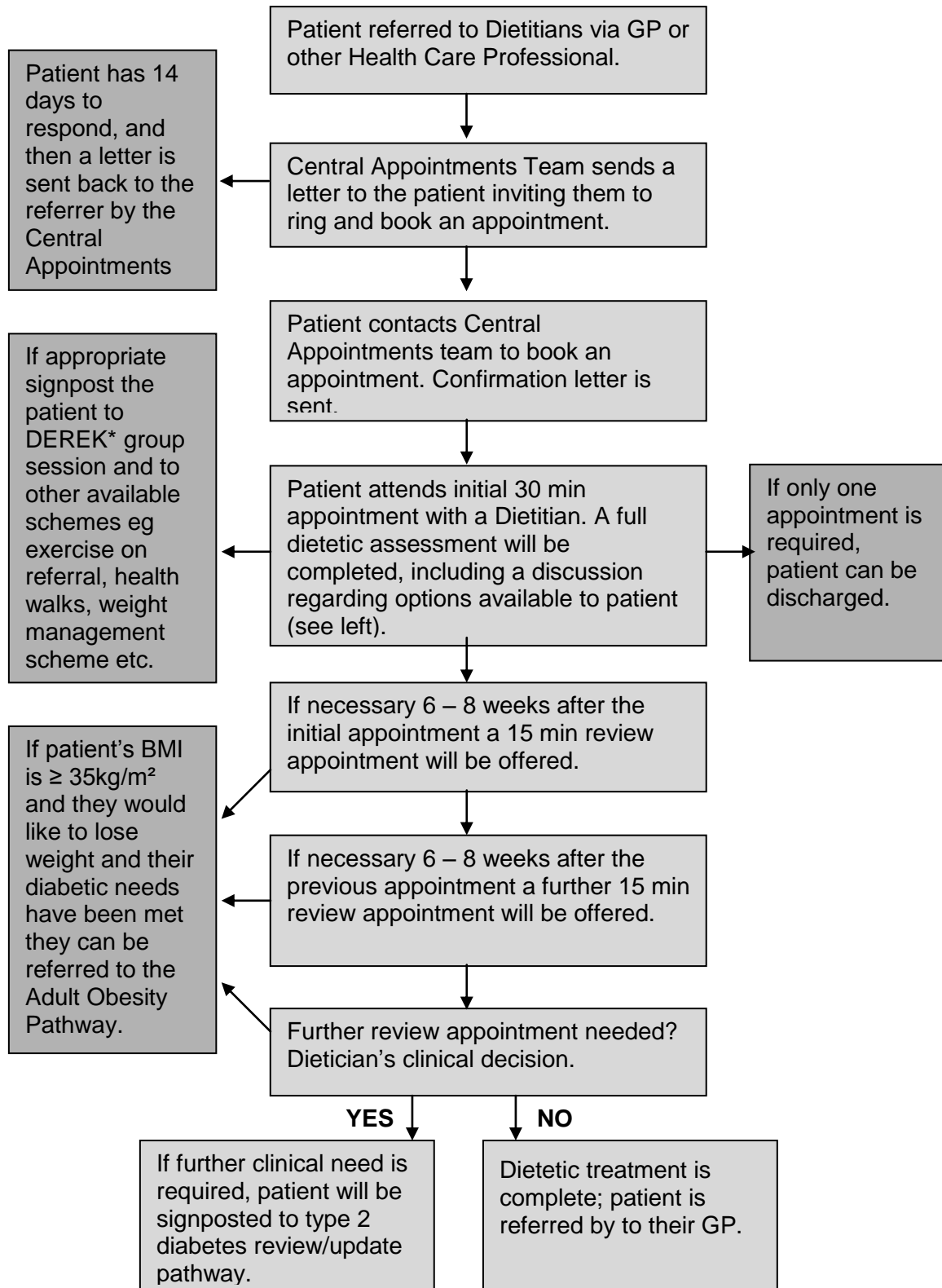


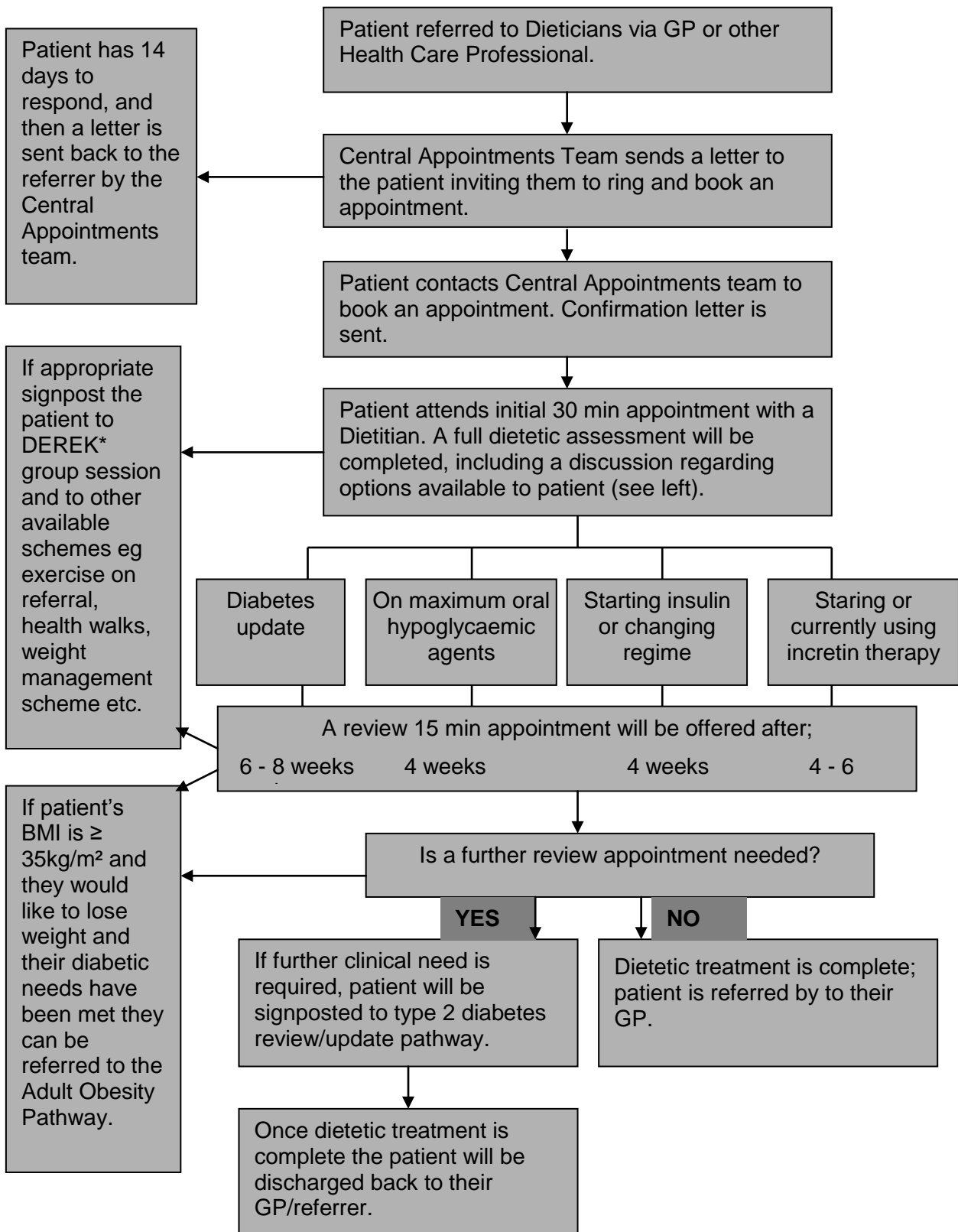
Appendix 2 - Clinical Nutrition and Dietetics

Type 2 Diabetes Adult Pathway

Newly diagnosed patients



Patients for review or update



Introduction

This document has been developed for General Practitioners (GPs) and health professionals to provide more information on the new Clinical Dietetics adult type 2 diabetes pathway, supported by the latest evidence based practice.

This pathway was developed in 2011 as a need for a new package of care was identified, to provide a better service to patients and to be able to measure outcomes more effectively in the process.

Development of Pathway

NICE guidelines (2008 update) recommends that patients are provided with individualised and ongoing nutritional advice from a healthcare professional with a specific expertise and competencies in nutrition. That patients are provided with dietary advice in a form sensitive to the individual's needs, culture and beliefs being sensitive to their willingness to change, and the effects on their quality of life.

Integrate dietary advice with a personalised diabetes management plan, including other aspects of lifestyle modification, such as increasing physical activity and losing weight.

Diabetes UK guidance (2011) recommends that everyone with type 2 diabetes should receive individual, ongoing nutritional advice for a registered dietitian. Education should involve a person-centre approach and a variety of learning styles

All people with diabetes and/or their carer should be offered structured education at the time of diagnosis with an annual follow up.

A need for a structure package of care for newly diagnosed type 2 diabetic patients that can be integrated with the adult obesity pathway was identified by the Obesity and Diabetes dietetic team and is supported by the above guidelines.

Using the pathway

This pathway will be used by GPs and health professionals who wish to refer any newly diagnosed type 2 patients. It is to be used as a reference guide only. Referral forms need to be completed separately for each patient (see appendices). Any individuals that do not meet the criteria on referral will be seen by an appropriate dietitian, just not as part of this pathway.

What the pathway involves

The main outline of the package of care that we offer to patients who have type 2 diabetes:

- Initial 30 minutes appointment with dietitian
- If needed a further 15 minute review appointment with the dietitian after to 6-8 weeks (and if required another appointment of a 15 minute review after 6-8 weeks).
- The pathway also integrates with the obesity pathway if a patient would like to lose weight.
- As part of the pathway a dietitian can refer patient to Diabetes Education Revision in East Kent (DEREK) structured education group, if appropriate

Outcome measures

The DEREK evaluation asks: 'Do you feel more confident in managing your diabetes after today's session?' Responses circled are:

- a. More confident
- b. Same
- c. Less confident

This confidence score question is used as our outcome measure for diabetes.

Data collated between January 2011 and December 2011 shows that 87% of patients who attended DEREK were 'more confident' in managing their diabetes by the end of the session

Our aim is that at least 80% of those who attend DEREK should feel more confident in managing

Appendices

- Specialist Community Diabetes and Obesity dietitians referral form
- DEREK referral form

Referral for a Specialist Community Diabetes/Obesity Dietitian

Patient name Date of birth

NHS number Ethnicity

Address

Post code

Tel No Mobile No

GP and surgery

Tel No Fax

Reason for referral

Obesity Type 1 Diabetes Type 2 Diabetes Gestational diabetes IGT

.....

Relevant medical history (attach printout if available)

.....

Weight(kg) **Height**(m) **Total Chol** **HDL**

Triglycerides **HbA1c**% **Date**

Diagnostic result if recently diagnosed with diabetes:

Fasting Blood Glucose (1) **(2)**

Random Blood Glucose **OGTT**

Medications (attach printout if available)

Any other relevant information or special requirement (eg communication difficulties)

Is this patient able to attend clinic? **Yes / No***

*** If the patient is to be seen in their own home, please complete domiciliary visit assessment form. If this form is not completed, it may delay the time in which this patient is seen.**

Name of referrer Designation

Address

Post code Tel No

Signature Date of referral

Has the patient consented to referral? **Yes / No** If no, does the patient have capacity to consent? **Yes / No**

If you have a reasonable belief that patient lacks capacity, please confirm you are referring the patient in their best interests under the Mental Capacity Act, 2005.

Signature Date

Trinity House 110-120 Eureka Park
Upper Pemberton Kennington
Ashford
Kent
TN25 4AZ

Telephone: 01233 667775
Fax Number: 01233 667951
diabeteseducation@nhs.net

D.E.R.E.K

(Diabetes Education and Revision in East Kent)

REFERRAL FORM

Referral Criteria:

- Patient needs to be able to communicate effectively in a **group** setting
- Ability to speak and understand **English**
- Patient needs to be aware of content of group education programme and must be willing to attend, the session is for **4 hours**

Title (Mr/Mrs/Miss/Ms)Name

Address:

.....

POSTCODED.O.BNHS No.....

Daytime contact No:..... Mobile No:.....

Date of Diagnosis G.P Name & Address.....

HbA1c/IFCC Result (if known)

Has this patient any special requirements we need to be aware of?

Please indicate preferred venue:

- Ashford
- Canterbury / Whitstable / Faversham / Herne Bay
- Dover Health Centre / Deal & Walmer Community Clinic
- Folkestone / New Romney / Hythe
- Thanet

- Is patient aware of referral (please tick box to confirm)

Referral Form Signed

NameDesignation.....

Please return by post or fax the completed form to the Education Coordinator at the address above

<u>Office Use Only</u>	
<input type="checkbox"/>	On Database
<input type="checkbox"/>	Date Given
<input type="checkbox"/>	Completed

Further reading

NICE. 2011 Type 2 Diabetes, National clinical guidelines for the management in primary and secondary care (2011) Update from clinical guidelines which were published 2002. The national Collaborating centre for chronic conditions funded to produce guidelines for the NHS by National Institute for clinical excellence (NICE)

Diabetes UK. (2011) Evidence based nutrition guidelines for the prevention and management of diabetes: Diabetes UK

NICE. (2006) Obesity: The Prevention, Identification, Assessment and Management of Overweight and Obesity in Adults and Children. UK: National Institute of Health and Clinical Excellence.

Contact us

Diabetes and Obesity Dietitians

Telephone: 01227 594836

01304 828755

Email: kcht.diabetesityteam@nhs.net

Fax: 01227 594723

01304 828702

Address: Queen Victoria Memorial Hospital
King Edward Avenue
Herne Bay
CT6 6EB

Unit 2 Whitfield Court
Honeywood Close
Whitecliffs Business Park
Dover
CT16 3NY

Clinical Nutrition and Dietetics

*delivering excellent nutritional care
and improving your health*

