

HIDS

Herts Valley Integrated Diabetes Service

Diabetes Pathway

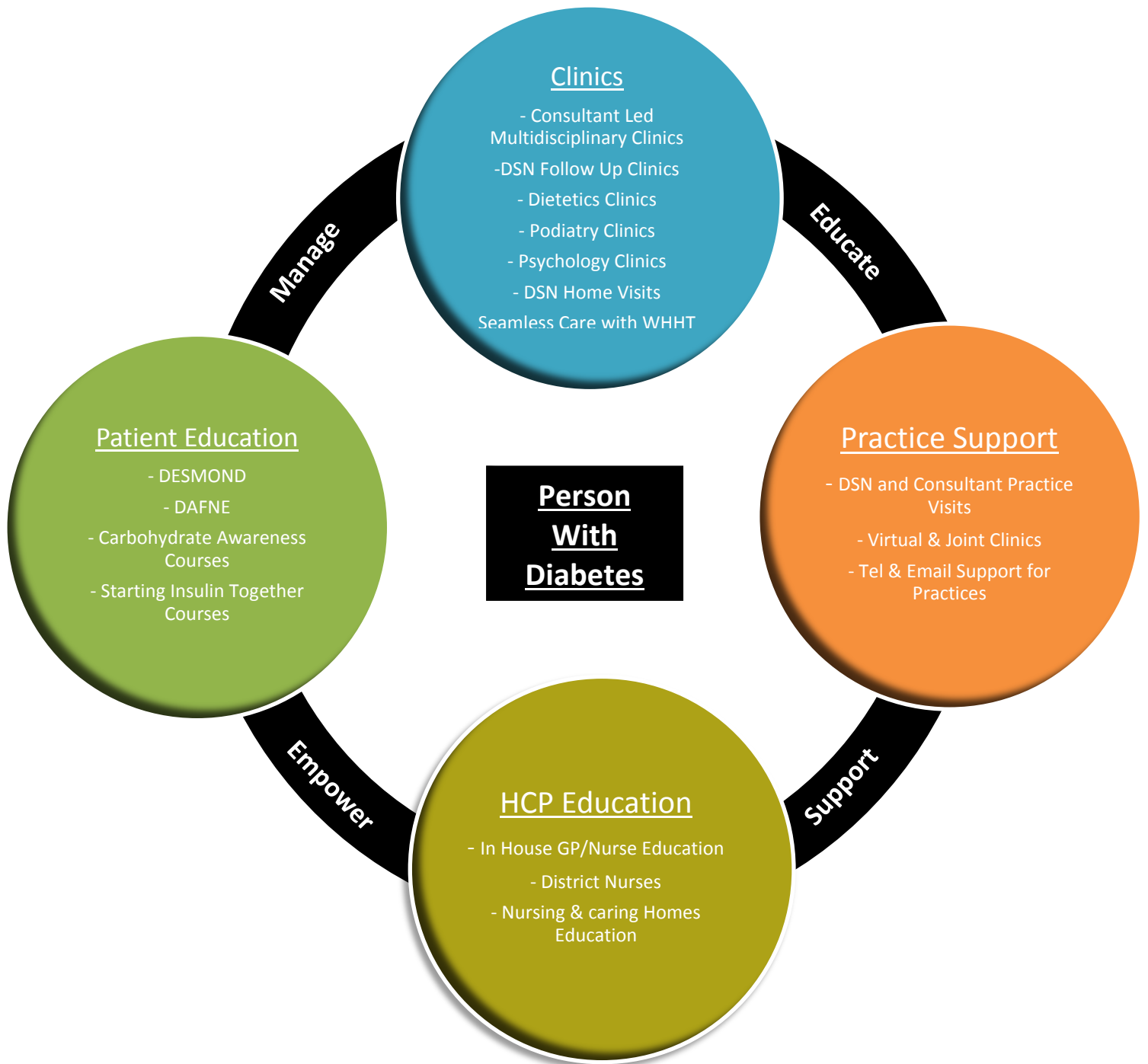


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Hertfordshire Integrated Diabetes Service

This new consultant led Diabetes service is aimed at providing high quality Specialist Diabetes care in the community. The service will offer Specialist Diabetes Multidisciplinary clinics in Herts Valley, and also aims to support GP practices in providing enhanced Diabetes care to their patients in their practices. The Herts Valley Integrated Diabetes service team works in partnership with the Diabetes team at WHHT

What's New in the Hertfordshire Integrated Diabetes Service?

The new service aims to support both the patient with Diabetes and the Practice to help deliver care. This will focus on new and innovative ways of working to include;

- ❖ Named Link Diabetes Specialist Nurses in each locality
- ❖ Annual Diabetes virtual clinics
- ❖ Consultant visits to Individual practices
- ❖ Email/telephone support for GPs, Practice Nurse
- ❖ Enhanced Dietetic services
- ❖ Additional DESMOND education sessions
- ❖ Multidisciplinary Diabetes clinics
- ❖ Multidisciplinary Diabetes Foot Clinics

Who are the team?

- ❖ Diabetes Consultants
- ❖ Clinical Diabetes Lead
- ❖ Diabetes Specialist Nurses
- ❖ Diabetes Specialist Dietitians
- ❖ Diabetes Specialist Podiatrist

How do I make a referral?

A completed SPOC referral form should be sent via ERS

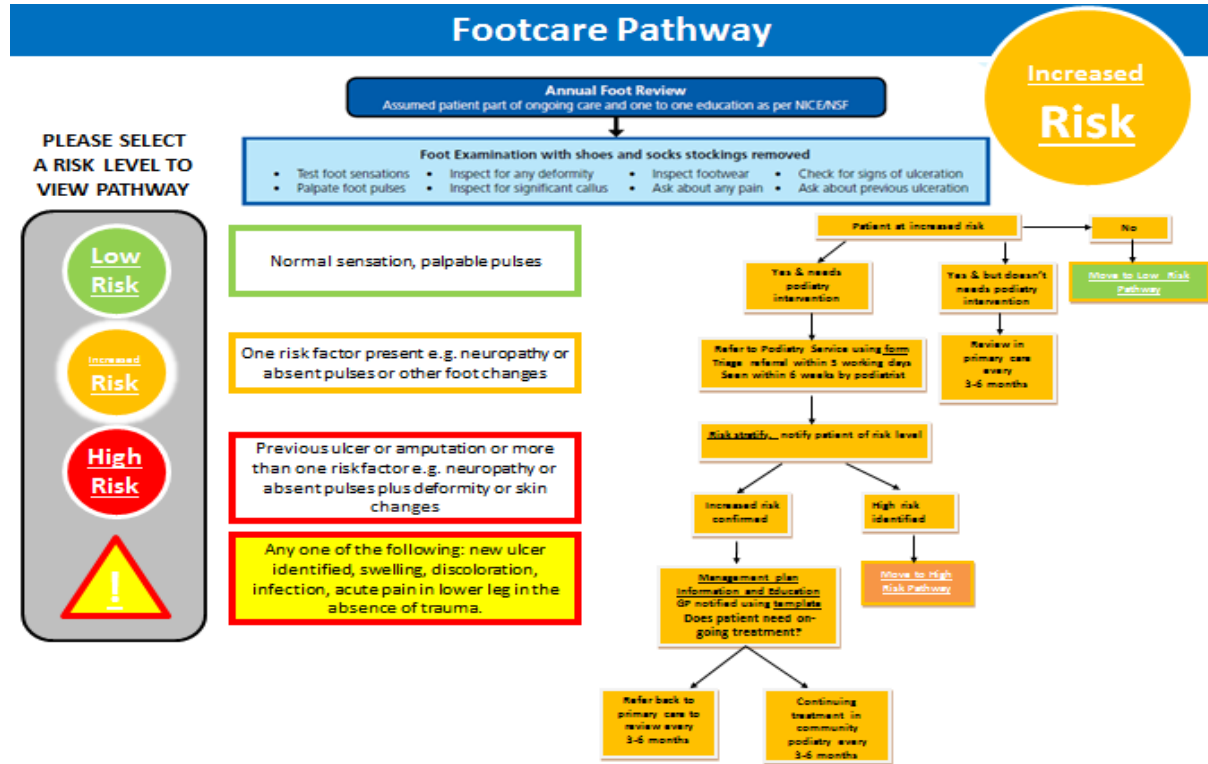
What will happen at the Community Clinic Appointment?

- ❖ The patient will have an appointment lasting 1 hour and they will usually see a Doctor and Diabetes Specialist Nurse or Dietitian (whichever is most appropriate for the patients' needs).
- ❖ If the patient requires a follow up visit, they will be offered a flexible follow up option: telephone, email or attending a DSN walk in clinic.
- ❖ After treatment is complete patients will be discharged back to their GPs with a clear management plan.
- ❖ They may be required to attend a nurse walk in clinic for follow up, or telephone or email follow up.
- ❖ Patients who have attended the clinic will be discussed with the GP or practice nurse at a virtual clinic with the named link DSN.

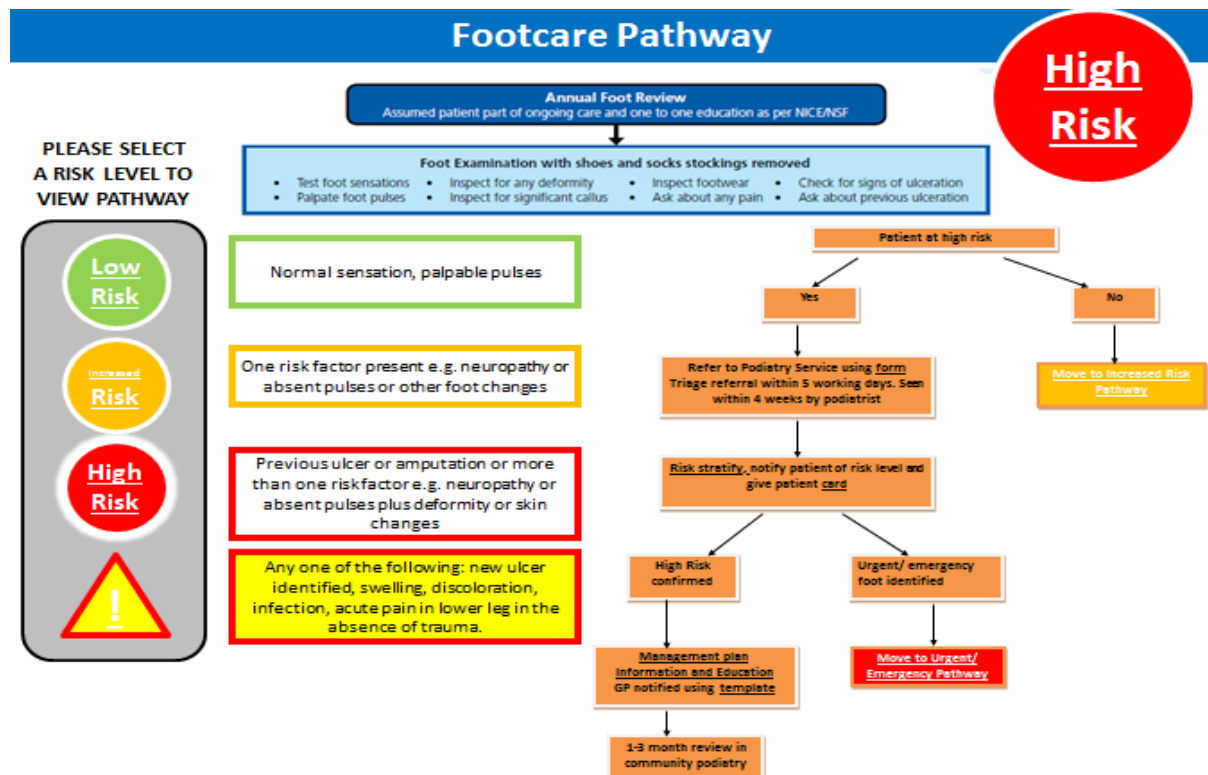
Multidisciplinary Diabetes Foot Clinics – for Patients with Active Foot Wounds / Charcot Neuroarthropathy

- ❖ Patient will have an appointment with the Diabetes consultant and Diabetes Specialist Podiatrist to review the active foot wound
- ❖ A treatment plan will be discussed with the patient
- ❖ Patients will receive on going care which may be shared with the community podiatry team.

Increased Risk



High Risk



Education Process

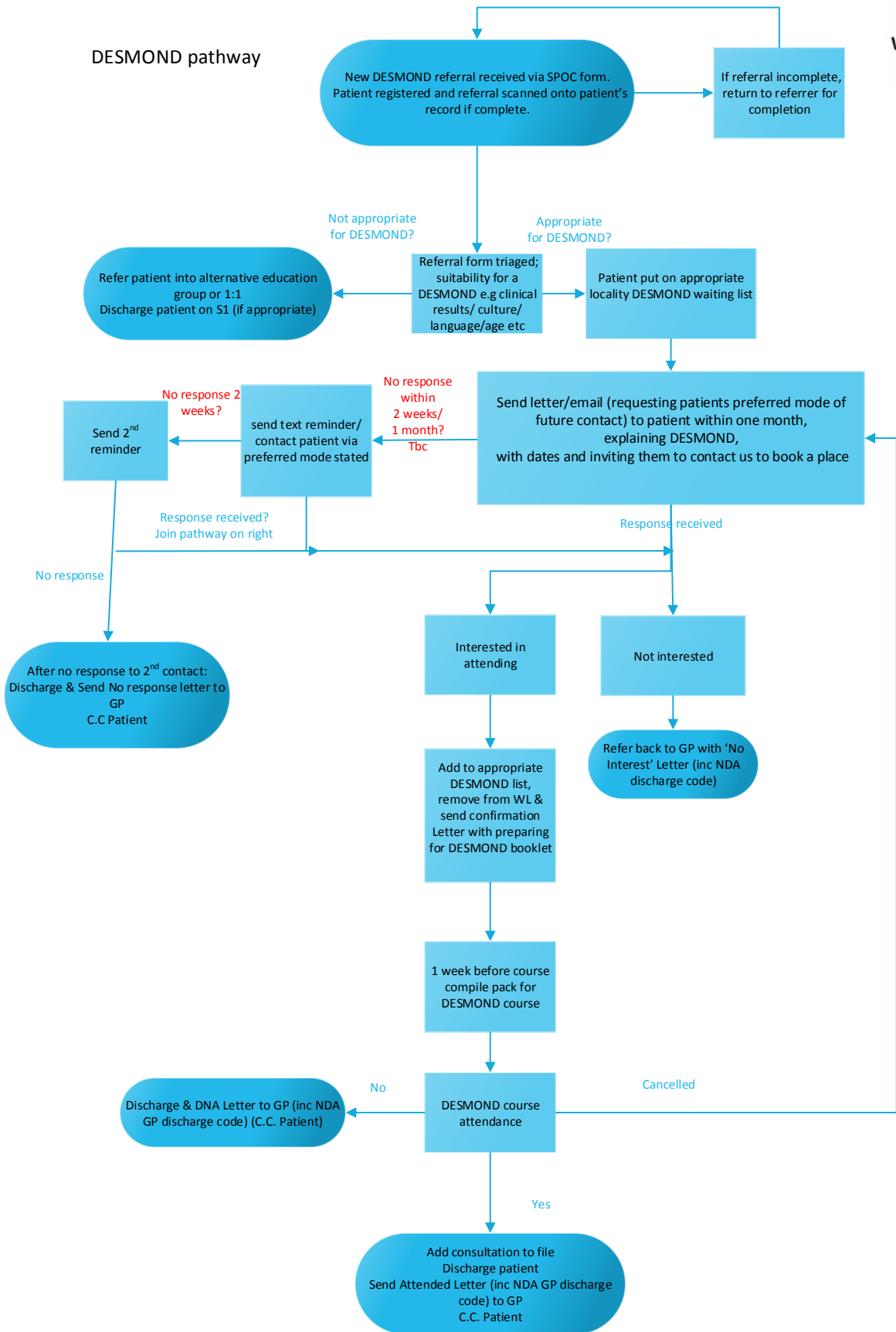
Diabetes Education for Self-Management Ongoing and Newly Diagnosed (DESMOND)

- ❖ This is a 6 hour structured self-management group education programme
- ❖ Delivered by 2 trained healthcare professionals , holding groups of 10 –12 patients
- ❖ Benefits: lowers HbA1c, improves other biomedical outcomes, supports weight reduction and improves understanding of diabetes and self-management

Accepted Referral Criteria

- ❖ People within the first year of diagnosis of Type 2 Diabetes and often attend with a relative.
- ❖ SPOC referral to diabetes service from GP/PN

More details about DESMOND: <http://www.desmond-project.org.uk/>



Dose Adjustment for Normal Eating (DAFNE)

- ❖ A 5 day course teaching 'insulin adjustment' based on carbohydrate intake
- ❖ Delivered by a Diabetes Specialist Nurse and Dietitian to groups of 8-9 patients
- ❖ Topics covered include; insulin action and dose changes, carbohydrate calculation, hypo-treatment, blood glucose and ketone monitoring, understanding food labels, illness and exercise, self-management and goal setting
- ❖ DAFNE reduces Hba1c without increasing hypoglycaemia, increases quality of life and improves treatment satisfaction

Accepted Referral Criteria:

- ❖ Predominantly people with Type 1 Diabetes from 6 months after diagnosis, some type 2 diabetes where they are insulin dose sensitive
- ❖ Important that the patient is not in the 'honeymoon stage' of their condition even if this is > 6 months
- ❖ Motivated patient (see below)

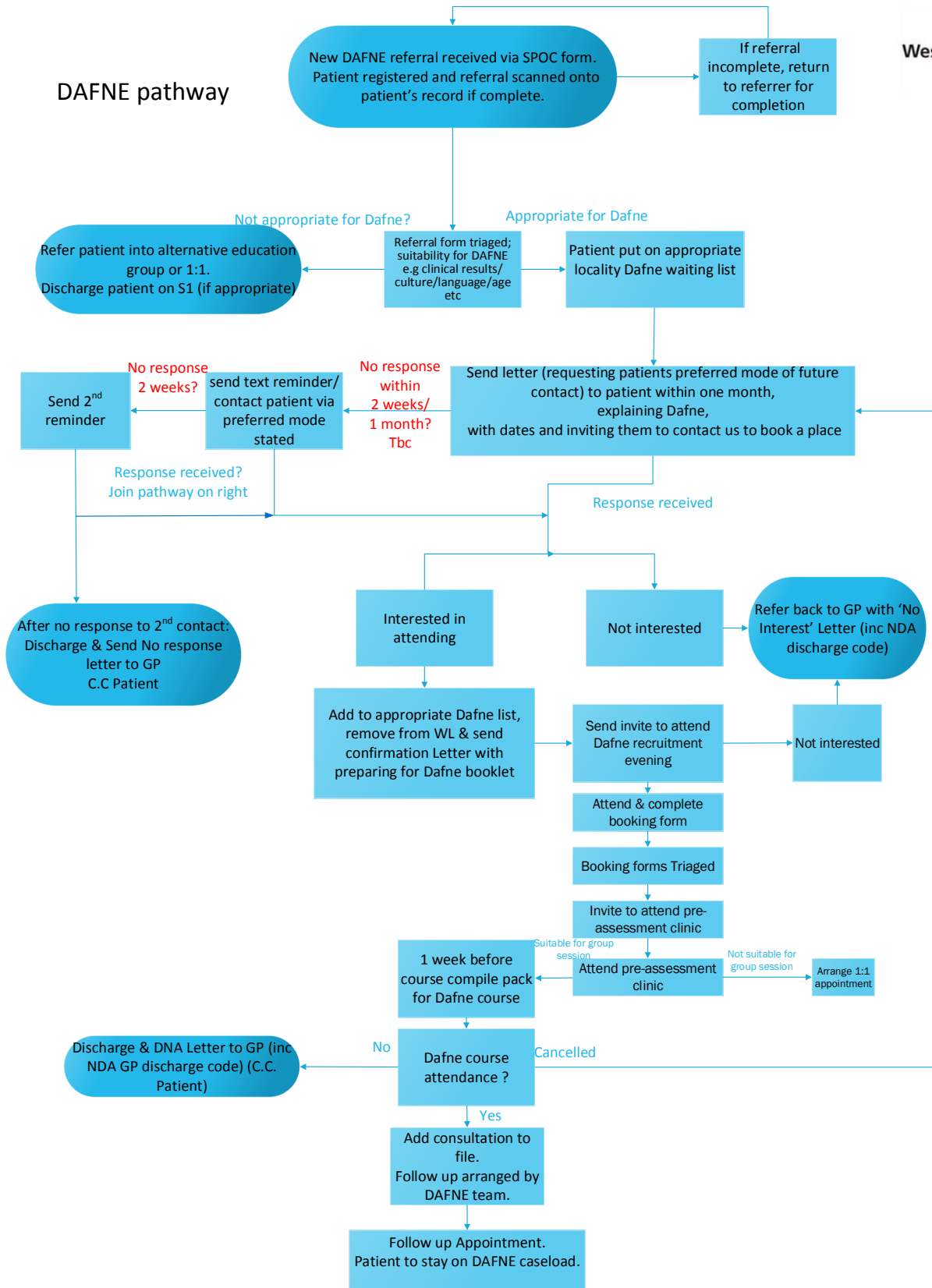
Carbohydrate Awareness Session

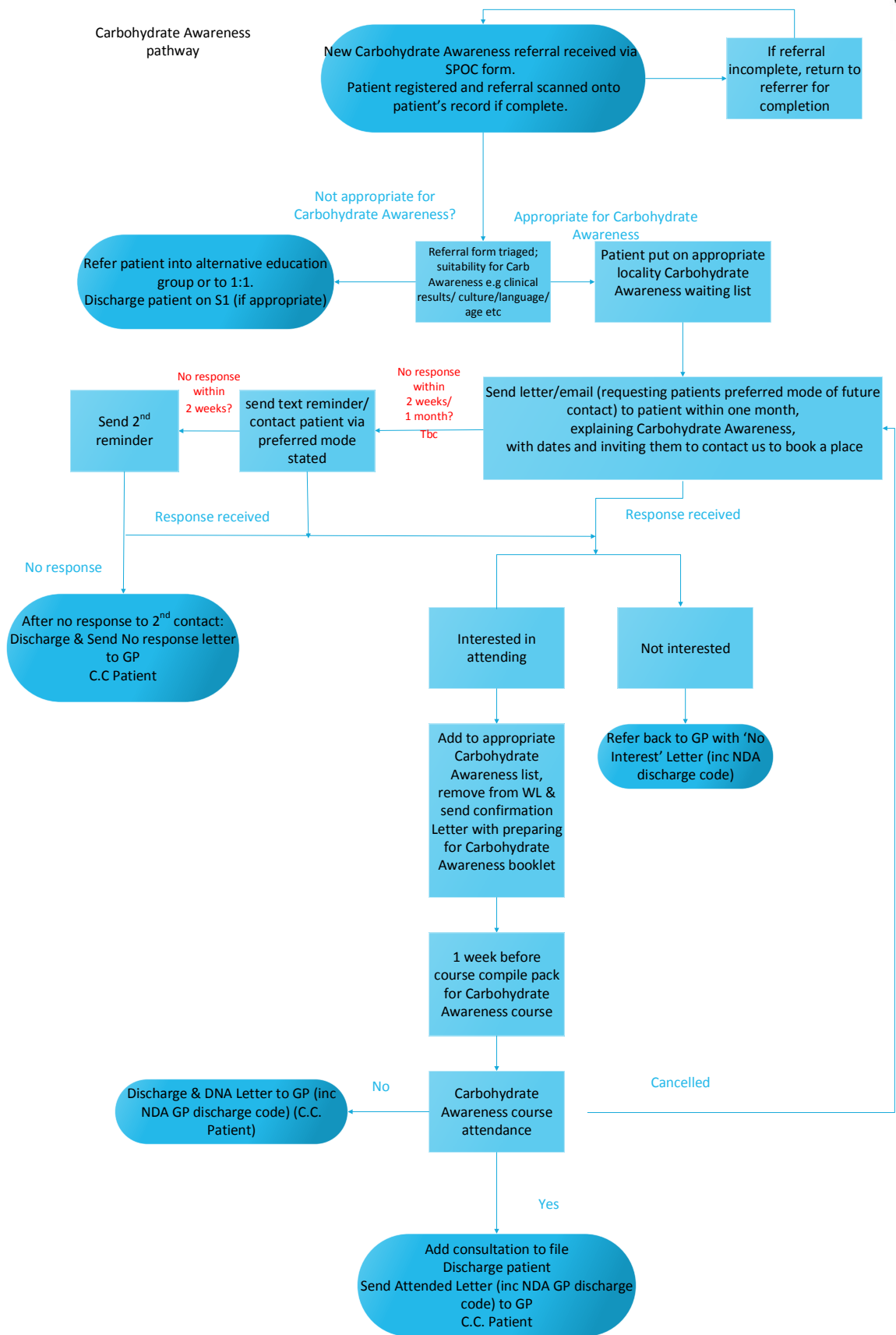
- ❖ A 3 hour course developed by our team in 2015
- ❖ Delivered by Diabetes Dietitians to small groups of patients
- ❖ Aims to improve diabetes control through enhanced understanding of the effect of carbohydrates on blood glucose
- ❖ An interactive session which covers topics such as how carbohydrate effects glucose levels, understanding food labels, carbohydrate portion size, physical activity and monitoring diabetes
- ❖ Current auditing shows an average of 11mmols drop in HbA1c after 6 months

Referral Criteria:

- ❖ Patients with Type 2 Diabetes for more than 1 year, on multiple medications or insulin HbA1c >58mmol/mol / 7.5%

DAFNE pathway





'Starting Insulin Together' Group Sessions

- ❖ A 4 hour course developed by our team starting Feb 18
- ❖ Delivered by a DSN and Diabetes Dietitian to small groups of patients starting insulin over 2 weeks
- ❖ Aims to improve diabetes control through insulin and enhanced understanding of the effect of carbohydrates on blood glucose supported through group
- ❖ An interactive session which covers topics such as how to start on insulin, different insulins and their action, injections, adjustment and titration, blood glucose monitoring, different carbohydrate and their effects on blood glucose, healthy eating and prevention of weight gain, physical activity, legal and social aspects
- ❖ To audit outcomes

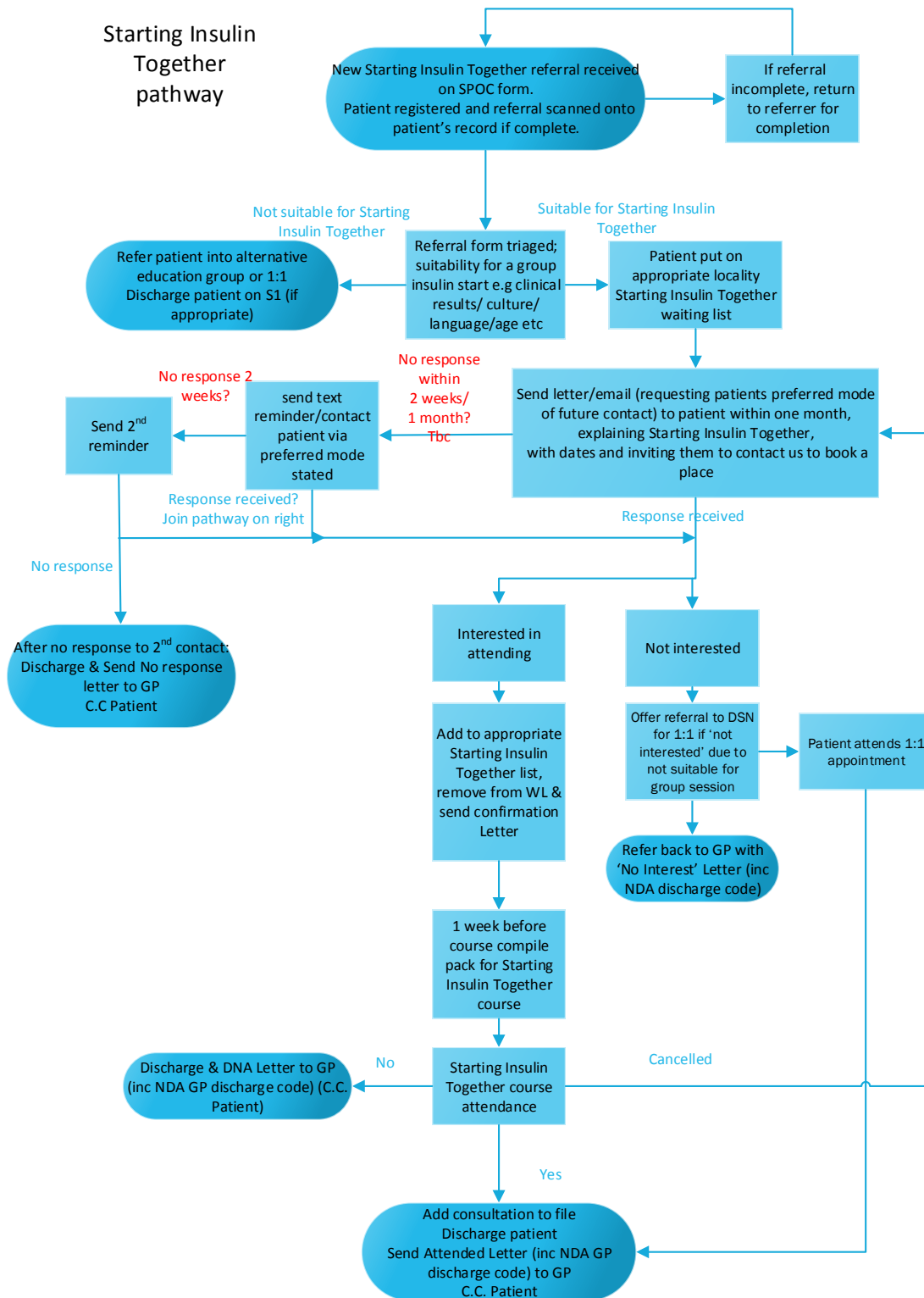
Referral Criteria:

- ❖ Patients with Type 2 Diabetes starting insulin

Eligibility

- ❖ Type 2 diabetes with a recent HbA1c above individualised target (usually >58mmol/mol)
- ❖ Able to understand and speak English
- ❖ Comfortable in learning in a group environment
- ❖ On maximum tolerated oral hypoglycaemic

Starting Insulin Together pathway



Locality: Acute, DSN, Surgery, Consultant & Clinic List

LOCALITY	DIABETES SPECIALIST NURSE	SURGERIES COVERED	DSN CLINICS	CONSULTANT CLINICS	Diabetes Specialist Dietitians	ACUTE
DACORUM (Hemel Hempstead, Berkhamsted, Tring, Kings Langley, Long Marston)	Michelle Coleman Monday - Thursday	Archway Surgery	The Marlowes Health Clinic	The Marlowes Health Clinic Dr Pusalkar Wed 2nd & 4th	Leanne Pugsley & Emily Lambert	Hemel Hempstead Hospital Watford General Hospital Stoke Mandeville
		Bennetts End Surgery				
		The Nap Surgery - Kings Langley the Meadows				
		Lincoln House Surgery				
		West Herts Medical Centre				
		Lincoln House Surgery				
	Clare Cunningham Wednesday/Thursday	Fernville Surgery	The Marlowes Health Clinic			
		Coleridge Crescent Surgery				
		Highfield Surgery				
		Parkwood Surgery				
		The Mount Prison				
		Woodhall Farm Medical Centre				
	Beth Wright Monday - Friday	Boxwell Road	The Marlowes Health Clinic	The Marlowes Health Clinic Dr Galliford Alternate Mondays and Tuesdays		
		Everest House Surgery				
		Haverfield Surgery				
		Gossoms End Surgery				
		Manor Street Surgery				
		Milton House Surgery				
New Road Surgery						
Rothschild House Surgery						

ST ALBANS	Nicole Bennett Monday - Thursday	Colney Medical Centre	TBC	TBC Dr Kong Mondays	Colette Richardson	St Albans Hospital Harpenden
		Hatfield Road Surgery				
		The Maltings				
		Harvey House & Jersey Farm Surgery				
		The Lodge & Highfield Surgery				
		Midway Surgery				
	Jo McIntyre Monday - Friday	Davenport House Surgery	TBC			
		Grange Street				
		Lattimore Surgery				
		Parkbury House				
		Bricketwood Medical Centre				
		Village Surgery - London Colney				
		The Elms	Harpenden Memorial Hospital Friday (am)			
		Redbourn Health Centre				
Village Surgery - Harpenden	TBC Dr Kong					
Village Surgery - Markyate						
WATFORD	Fiona McCabe- Hughes Monday to Friday	Holywell Surgery	The Avenue Clinic	The Avenue Clinic Dr Pusalkar & Dr Pokrajac Alternate Mondays	Julie Freshwater	Watford General Hospital
		Upton Road				
		Garston Medical Centre				
		New Road Surgery				
		Tudor Surgery				
		Prestwick Road Surgery				
		Vine House Surgery				
		Manor View Surgery				
	Attenborough Surgery	Bushey Medical Centre Thursday & Friday				
	Maphutse Tuter Putsuone Monday - Friday	Baldwins Lane Surgery	Skidmore Way Clinic (Rickmansworth) Tuesday (am)	Skidmore Way - Dr Pokrajac 2nd & 4th Fri		
		Callowland Surgery				

WATFORD		Chorleywood Medical Centre				
		Colne Practice				
		Gade Surgery				
		Cassio Surgery				
		Gade Surgery - Chorleywood Branch				
		Consulting Rooms				
		Pathfinder Practice				
	South Oxhey Surgery	Oxhey Drive (South Oxhey) Thursday & Friday (am)	Oxhey Drive Dr Devendra 1st & 3rd Fridays			
	Jovita Dodwell Tuesday & Wednesday Catherine O'Donnell Monday - Thursday	Meadowell		The Avenue Clinic (Watford) Monday - Wednesday		
		The Elms				
		Coach House Surgery				
		Abbotswood Medical Centre				
		Suthergrey House				
		Sheepcot Medical Centre				
Cassio Surgery						
Park End Surgery						
HERTSMERE (Potters Bar, Borehamwood)	Anne Mohamed	Elstree Way	Elstree Way Clinic	Elstree Way Clinic Consultant TBC	Emily Lambert	Watford General Hospital Barnet Hospital Chase Farm Hospital
		Fairbrook Medical Centre				
		Grove Medical Centre				
		Little Bushey Surgery				
		Red House Surgery				
		Schopwick Surgery				
		Theobald Medical Centre				
		Annandale Surgery	Potters Bar Community Hospital (Potters Bar) Monday (all-day)	Potters Bar Community Hospital		
		Highview Surgery				
		Parkfield Surgery				
		Annandale Surgery				

Appendix

Referral Form Integrated Diabetes Service

Contact: Single Point of Contact (SPOC), Community Diabetes Service, Potters Bar Hospital, Potters Bar, EN6 2RY, or **Email:** Hertscommunity.diabetes@nhs.net

**INCOMPLETE REFERRALS WILL BE RETURNED FOR COMPLETION
THIS COULD RESULT IN A DELAY IN PROCESSING YOUR REFERRAL**

This form is to be used for all non-emergency referrals for people with Type 1 or Type 2 diabetes who are requiring an enhanced level of specialist diabetes management.

Submit the form via ERS or Email: Hertscommunity.diabetes@nhs.net

The following patients should be referred as indicated:

- 1. URGENT FOOT:** Refer **immediately** to Acute Medical Team On-Call at WGH if systemically unwell, red, hot or swollen or signs of critical ischaemia
- 2. PREGNANT WITH DIABETES:** Refer **immediately** to diabetes midwife at Watford General Hospital on 07733 949119 or Diabetes Department at Watford General Hospital on 01923 217553 (Monday-Friday 09.00-16.00)

Patient Details	
Name:	NHS No:
Address:	
Contact Tel No. (landline/mobile):	Date of Birth:
Male/Female	Ethnicity:
Interpreter required: Yes/No (if yes please state language)	
GP Surgery (incl. preferred contact no. for telephone virtual review):	
Email for correspondence:	
Mobile <input type="checkbox"/> House Bound: home visit <input type="checkbox"/> Hearing Impairment <input type="checkbox"/> Cognitive Problem <input type="checkbox"/> Visual Impairment <input type="checkbox"/>	
Learning Disability <input type="checkbox"/> Details:	
Date of Diabetes diagnosis:	

Referred By	
Name:	Designation:
Contact No/Email:	Date Referred:

Known Diabetes Complications					
PVD <input type="checkbox"/>	Peripheral Neuropathy <input type="checkbox"/>	Cardiac Event <input type="checkbox"/>	Nephropathy <input type="checkbox"/>	Retinopathy <input type="checkbox"/>	CVA/TIA <input type="checkbox"/>

Past Medical History

Is this patient suitable for Virtual Review? (compulsory field)

VIRTUAL REVIEW BY CONSULTANT (N.B. complete GP details in patient details section)
 GP to discuss patient management (e.g.oral therapy, renal and lipid management) YES NO
 Preferred method of contact: Telephone advice e-mail advice

Reason for Referral (compulsory field)

DIETETICS

DESMOND (Type 2 DM education) for new patient (confirmed diagnosis within the year) **OR** Type 2 DM education for patients diagnosed for more than a year

DAFNE (Type 1 DM education) Dietetic advice

SPECIALIST REVIEW (face to face consultations)

Hyperglycaemia/ High HbA1c Insulin Initiation Insulin Management GLP-1 Initiation

Hyperglycaemia due to steroid therapy Hypoglycaemia Patient on Insulin Pump/ device management Pre-pregnancy

Young Adult/Transition (16-25 years) Diabetes Renal (Please refer to West Herts Renal Pathway)

ACUTE FOOT (must be referred within 24 hours)

New ulcer Acute pain Infection not responding to standard treatment Unexplained foot swelling

INCREASED / HIGH RISK FOOT

Neuropathy Absent pulses Foot deformity/discolouration Previous ulcer/amputation Callous

OTHER

Medication (including Insulin doses)

Medication	Breakfast	Lunch	Evening	Pre Bed

Investigations within the last 6 months				
Weight (kg) / BMI	LFTs	BP (mmHg)	HbA1c (%/mmol/mol)	Total Cholesterol (mmol/L)
HDL – chol (mmol/L)	LDL – chol (mmol/L)	TGs (mmol/L)	eGFR (mL/min)	Urine ACR (mg/mmol)

Comment/Reason for Referral: