



# Diabetes in the Community

Veronica Green

Diabetes Team Leader

Hillingdon Community Health

# Team Members

## Direct clinical members

- 2 part time GPSI
- 4 FT DSN, 3 pt DSN
- 1 Dietitian

## Associated Services

- Podiatry
- Retinal Screening
  
- Secondary Care links

# What Do We Do?



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graph TD; PtCare[Pt Care] --- Teaching[Teaching]; Teaching --- Audit[Audit]; Audit --- Support[Support]; Support --- Guidance[Guidance]; Guidance --- PtCare;
```

Pt Care

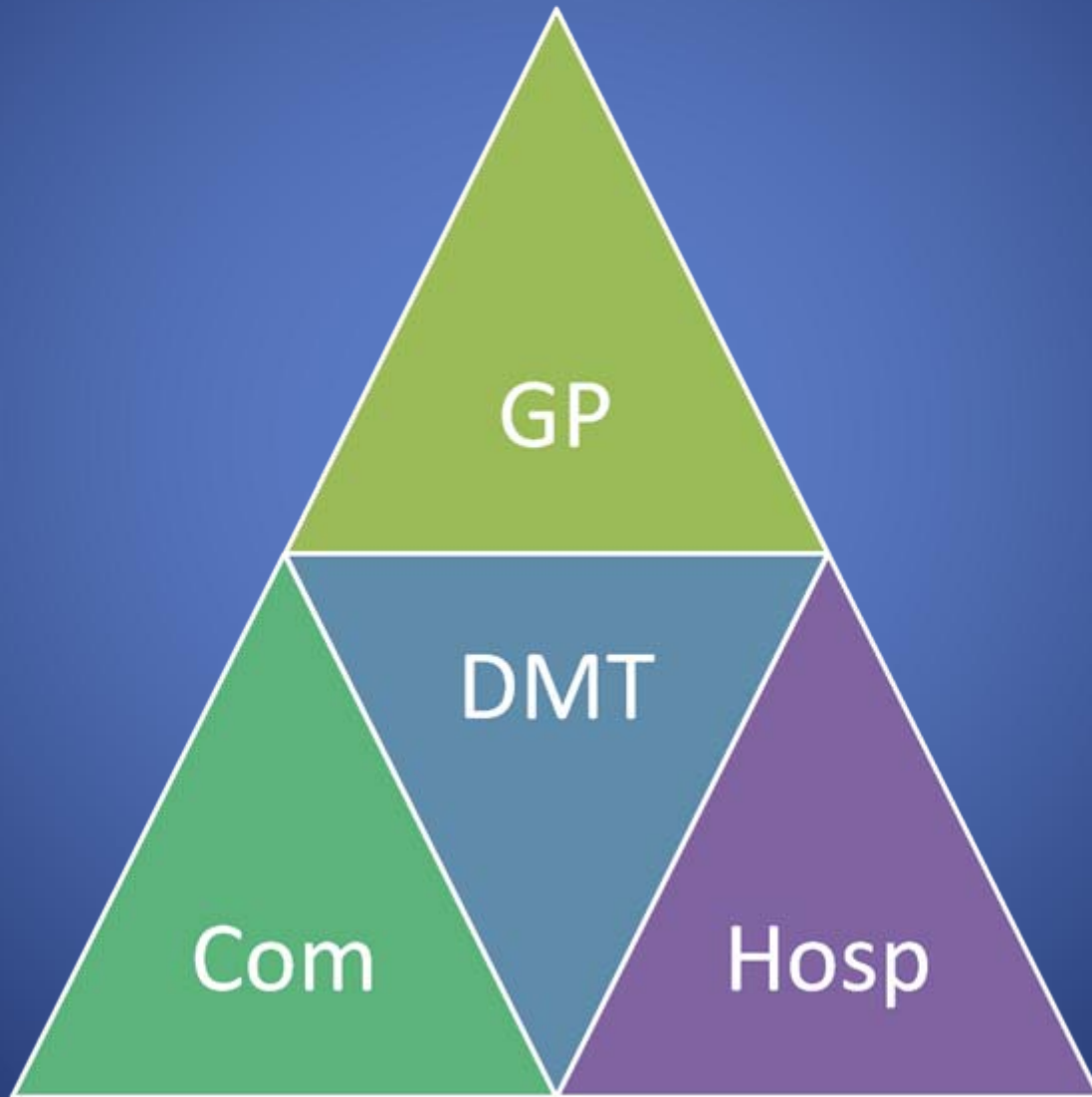
Teaching

Audit

Support

Guidance

# Referrals



# 1. DESMOND

- **DESMOND = 'Diabetes Education and Self Management for Ongoing and Newly Diagnosed'.**



# What does DESMOND Involve?

- 6 hours
- structured self management group education
- 2 trained health care professionals



# Proven Benefits

- Lowers HbA1c
- Improves other biomedical outcomes
- Supports weight reduction
- Improve levels of physical activity
- Is an effective smoking cessation intervention
- Improves understanding of diabetes
- Reduces depression
- Promotes positive behaviour change
- Is administered in one dose and effective for 12 months

# Referral Criteria

A. 1 Fasting Blood  
Glucose > 6.5 + Hba1c  
6.9%



B. 2 Fasting Blood Glucose  
>7



C. Glucose Tolerance test  
FBG >7 and/ or 2 hour test  
>11

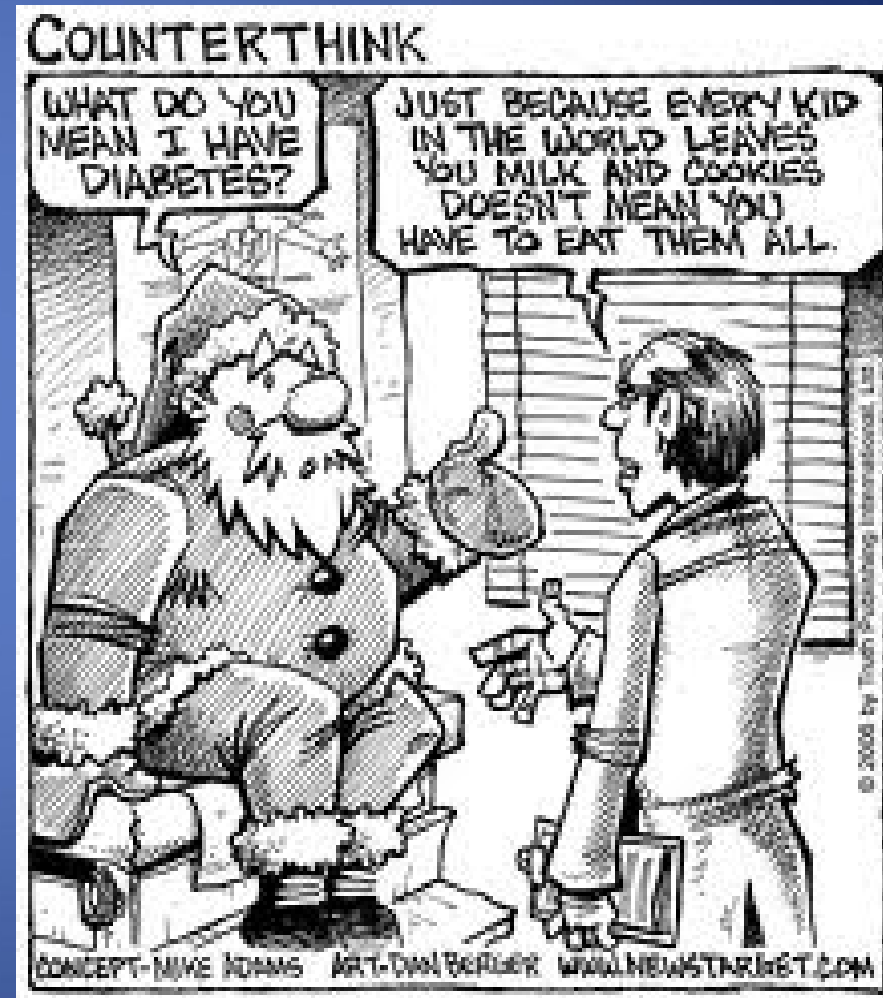


D. Blood glucose >11 +  
symptoms



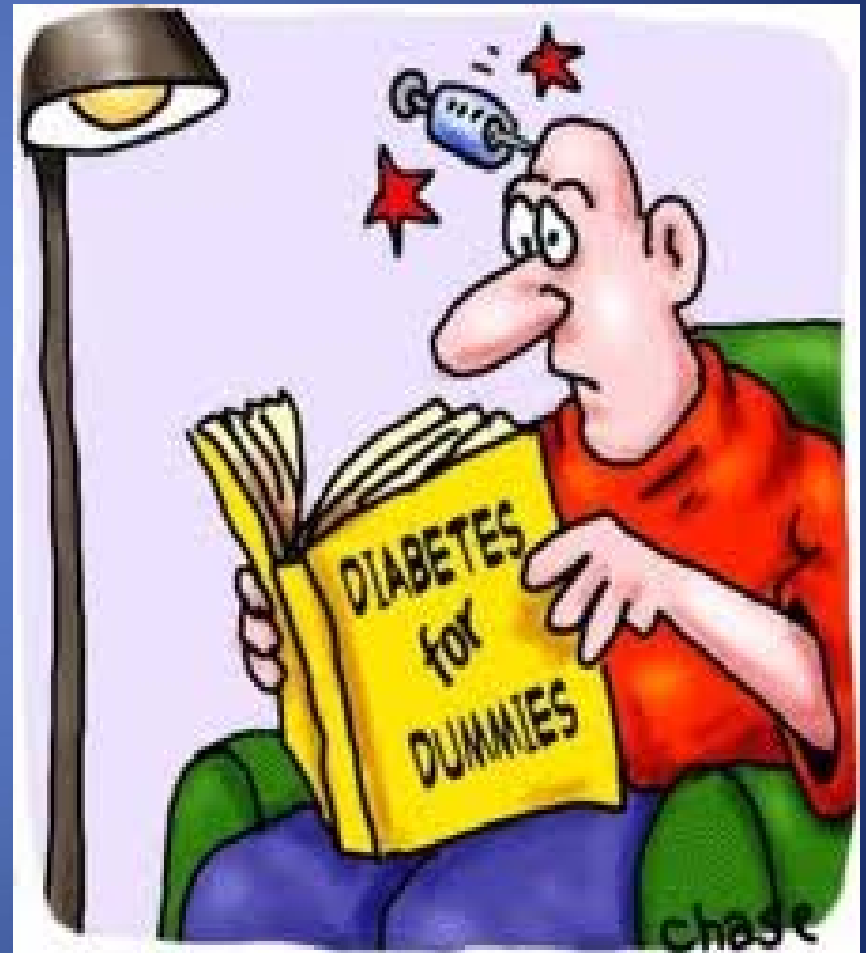
## 2. Annual Review Clinic

- Non LES practice pts
- Patients see both Dr and DSN
- Full assessment of all risk factors
- Appropriate management
- GP informed of results and treatment + plan



### 3. Referral to DSN / dietitian

- Insulin / GLP1 initiation
- Unstable diabetes
- Non –concordance
- Problem solving
- Weight management



# New Patients

## Assessment of

- Glycaemic control + metabolic parameters
- Knowledge of DM
- Expectations / fears
- Defining problems
- Plan agreed with pt
- Copy sent to GP /Patient /Referrer.

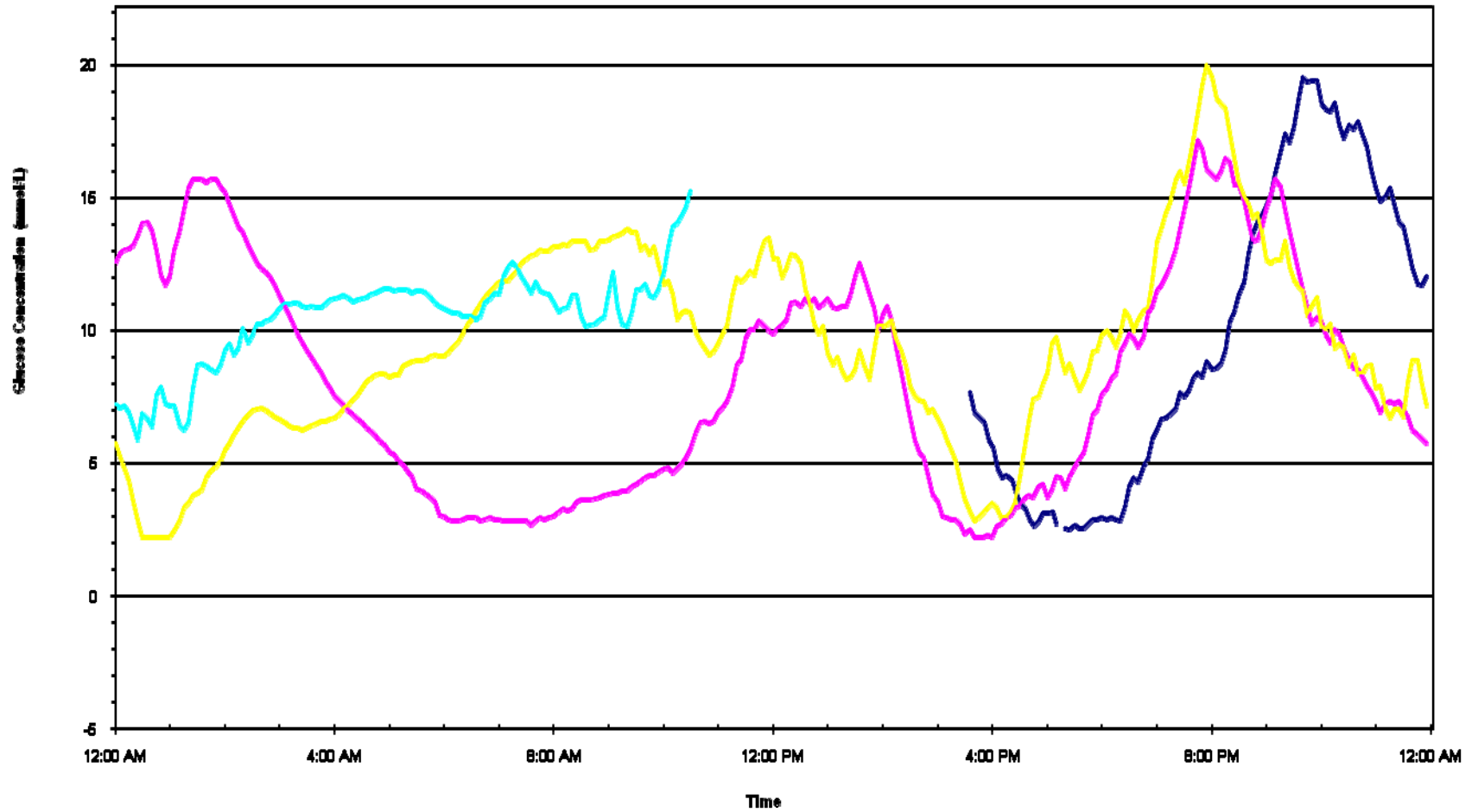


"I'm sure you have been a very good boy, Mr. Johnson. But I'm not sure the elves would even know what a 'non-invasive glucose meter' is."



# 72 hour continuous glucose monitoring

Glucose Sensor Profile  
Modal Day



## 4. Other Talents

- Teaching HCP
- E.g. Warwick Certificate in Diabetes Care
- Merit / Insulin for life
- Local study days
- Attend GP meetings if asked
- We Welcome HCP's to
- Sit in (clinic or DESMOND)
- Phone calls for advice

# Community DM team Do Not Do

- Children (i.e. Under 18's)
- Pregnant women
- Emergency care e.g. DKA
- See patients who are not already under our care.



# Contact Details

- Diabetes Team Hesa office number ,
  - Phone 01895 485 001
- Fax is located in Main office at Hesa
  - 01895 484801.