



NHS

Guy's and St Thomas'
NHS Foundation Trust

Community Diabetes Services and Education

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Public Health Challenges in Southwark

- **Diabetes Prevalence- 15,228 adults diagnosed (2015/16)**
- **Diverse & Growing Population:**
46% of residents from black & minority ethnic communities
- **Social Deprivation:**
39% of Southwark in top 5 most deprived areas nationally
- **Health, Social & Economic inequalities**

Vision for Diabetes Service



- *To provide a clear pathway of good quality care that is equitable & accessible for people with diabetes.*
- *To deliver and support delivery of a high quality, seamless service to promote quality of life and improve health outcomes.*
- *To integrate with other services, providing an holistic service to reduce appointments, promote patient engagement and self management.*

Community Diabetes Service

Multidisciplinary Team

- Diabetes Specialist Nurses
- Specialist Dietitian
- Consultant Diabetologist
- GPwSI
- Administrator
- Health Care Assistant
- Non HCP Educators
- HCP Educators

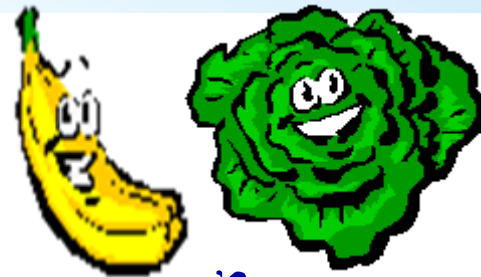


Community Diabetes Education

Provide structured education - People with Type 2 Diabetes:



Food and Diabetes:



Living with Diabetes:



Community Diabetes Services

- Provide diabetes clinics in 2 community locations:
Dulwich Hospital & Artesian Health Centre
 - Group starts for injectable treatments: insulin, GLP-1 analogues.
 - Support & up skill GP Practices: Provide 2 virtual clinics per year.
 - Support the lowest performing practices: Provide virtual clinics, joint clinics, education sessions.
 - Provide education & training to primary care & community based health care professionals.
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Community Diabetes Services

- Market specialist diabetes services to promote uptake:
 - DAFNE (Dose Adjustment For Normal Eating)
Structured Education for people with Type 1 Diabetes
 - Single Point of Referral & Triage System
- Recently established a community work stream with key stakeholders to drive quality service development.

Nine Key Care Processes for People with Diabetes

1. HbA1c - (blood test for glucose control)
2. Blood pressure – measurement for CV Risk
3. Cholesterol – blood test for CV Risk
4. Serum Creatinine – blood test for kidney function
5. UrineAlbumin/ CreatinineRatio- (urine test for kidney function)
6. Foot Risk Surveillance - (foot examination for foot ulcer risk)
7. Body Mass Index - (measurement for cardiovascular risk)
8. Smoking History - (question for CV risk)
9. Digital Retinal Screening - (photographic eye test for eye risk)



National Diabetes Prevention Program

- Southwark is one of 12 sites in England:
 - Launched in June 2016
 - People screened through NHS Health Checks
 - Estimated 24,819 (10%) people have pre-diabetes
- Tailored support programmes to promote lifestyle changes: physical activity, weight management, nutritional advice.

Southwark Walk Away From Diabetes