

# Diabetes 4T's

# Update Nov 2021

Yvonne Browne – Improving Care Manager North West

# 4T's

- Increase in children diagnosed in DKA during covid
- Decided to re launch locally then regionally 4Ts campaign
- All schools in C&M targeted 212 primary, 61 secondary, 45 schools & colleges (16-18),
- Now gone regional across North
- Stats show increased hits on DUK website so encouraging people to look for information

**KNOW THE '4 T'S' OF TYPE 1 DIABETES - IT COULD SAVE A CHILD'S LIFE**

It's really important to be able to spot the most common symptoms of type 1 diabetes early.

Unfortunately, we know that too many people – mostly children and young people – are not diagnosed until they are in diabetic ketoacidosis (DKA), a life-threatening condition that requires urgent medical attention.


Early action is important and it's good to know the '4 T's' of type 1 diabetes:

**TOILET** – GOING TO THE TOILET A LOT.

**THIRSTY** – BEING REALLY THIRSTY AND UNABLE TO QUENCH THE THIRST.

**TIRED** – FEELING MORE TIRED THAN USUAL.

**THINNER** – LOSING WEIGHT OR LOOKING THINNER THAN USUAL.




**The 4Ts**

If you notice these signs and symptoms, you should contact your doctor **straight away**.

**IF YOU WOULD LIKE SUPPORT...**

Join our 'Friends of the North' Diabetes UK Facebook group where you can find peer support and the latest information from Diabetes UK, locally and nationally:  
<https://www.facebook.com/groups/189410885443822>

Or use your mobile phone to scan the QR code:



Contact us:  
**North of England team:** 01925 653284  
**Diabetes UK Helpline:** 0345 123 2399 (Mon-Fri, 9am-6pm)

**FOR MORE INFORMATION...**

If you would like copies of the poster or the A5 leaflets, please contact [n.west@diabetes.org.uk](mailto:n.west@diabetes.org.uk).

For more information about Diabetes UK visit [www.diabetes.org.uk/The4Ts](http://www.diabetes.org.uk/The4Ts)

We have resources to help you support pupils who have type 1 diabetes. Make the Grade school pack at [www.diabetes.org.uk/guide-to-diabetes/you-are-ch-ld-and-diabetes/schools/diabetes-in-schools-resources](http://www.diabetes.org.uk/guide-to-diabetes/you-are-ch-ld-and-diabetes/schools/diabetes-in-schools-resources)

This prestigious award is open to both primary and secondary schools. It is the only such honour that Diabetes UK offers and is a fantastic way to demonstrate the great care provided to children with diabetes in schools. Visit our website: [www.diabetes.org.uk/get-involved/campaigning/type-1-diabetes-make-the-grade/good-diabetic-care-in-school-award](http://www.diabetes.org.uk/get-involved/campaigning/type-1-diabetes-make-the-grade/good-diabetic-care-in-school-award)

**DIABETES UK**  
KNOW DIABETES. FIGHT DIABETES.

# Developed project plan

## Four T's Shools Project

[Team](#)

Draft Task List and Planner - Please add/amend as needed

Tasks	Status	Assigned to	Anticipated Start Date	Due Date
<b>Statistics - Prevalence</b>				
Obtain stats/data/info from Primary Care/Young Children's Network	In Progress	Y Browne	22/03/2021	April 2021
Obtain stats/data from Diabetes UK	Complete	L Fox	22/03/2021	April 2021
Obtain stats/data from National Diabetes Audit	Complete	L Fox	22/03/2021	April 2021
Stats/data from NDPA	Complete	Y Browne	22/03/2021	April 2021

# Distribution plan

Rollout	Name	Date Sent	Target Audience	Schools Reached	Comments
<b>Phase 1 Rollout late June/July 2021</b>	Halton Health Improvement Board	24/25/26 <sup>th</sup> June 2021	All schools in Halton, Cheshire	57 primary, 16 secondary, 12 schools & colleges (16-18)	
	Cheshire East Health Improvement Board	15/16 <sup>th</sup> June	All schools in Cheshire East 45 partners Wellbeing Network	155 primary, 45 secondary, 33 schools & colleges (16-18)	Will re-run and send out information in September.
	<b>Bradford Local Authority (priority area)</b>	15/16/17 <sup>th</sup> July	All schools in Bradford Family Hubs Bradford schools on line	201 schools, 4 family hubs	Director of Health to write a letter to accompany information sent to parents due to increase in covid.
	Cheshire Strong Start	19/20 <sup>th</sup> July	All GP practices across Cheshire	TBC	
	Cumbria County Council– (North West Coast bid) Partnership of Millom Schools, Cumbria	2 <sup>nd</sup> July	Schools in Millom	8 schools in Millom *Cumbria schools to be contacted in second rollout	
<b>Phase 2 Rollout September onwards</b>	<b>Blackburn &amp; Darwen Council (priority area)</b>	17 <sup>th</sup> September onwards	All schools in Blackburn & Darwen	56 primary schools, 12 secondary	To be sent out in next Headteacher's Bulletin
	<b>Wigan Borough Council (priority area)</b>	20 <sup>th</sup> September onwards	All schools in Wigan	113 primary schools, 32 secondary	
	Leigh Nursery	21 <sup>st</sup> September	All parents/nursery staff		Contacted us directly and requested 100 copies of 4't's posters – sent out.
	Warrington Borough Council, Cheshire	12 <sup>th</sup> November	All schools in Warrington	70 primary schools, 15 secondary schools *a few more to reach	

# Thank you

- [Yvonne.browne@diabetes.org.uk](mailto:Yvonne.browne@diabetes.org.uk)