

Audit of National First Year of Care (FYOC) Pathway for Children and Young People (CYP) with a New Diagnosis of Type 1 Diabetes in England

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FYOC Pathway development

Care delivered in the first year following diagnosis of diabetes is an essential foundation for long-term health.

A standardised national pathway was developed by a dedicated workgroup from diverse teams in the UK.

Scan to access a copy of the pathway and detailed outcomes



Pilot and audit

Six teams involved in development of the pathway piloted the pathway from April 2023–March 2024.

Proportion with HbA1c <48mmols/mol at 4-6m, 9-12m and proportion with time in range >70% at 12m was compared between 2 groups:

- 247 CYP diagnosed April 2021–March 2022 (who completed a year of care before the pilot)
- 198 CYP diagnosed during the pilot

Outcomes

Improved outcomes were seen in the pilot group, including:

- HbA1c <48mmols/mol at 4-6m increased from 27% to 36% (p0.009)
- HbA1c <48mmols/mol at 9-12m increased from 25% to 37% (p<0.001)
- Time in range >70% by 12m increased from 32% to 41%

Use of hybrid closed loop increased between audit periods, but improved outcomes in the pilot group appear independent of treatment modality.

Viability

The pathway was deliverable with existing resource. Specific challenges were:

- access to psychology
- completion of annual reviews
- peer support resources

Next steps

- Pathway adopted nationally
- Implementation by individual teams
- Integration with DigiBete platform to develop family and CYP version

