



**National Children and Young People's
Diabetes Network
National Delivery Plan - Aim 1
Patient Education Subgroup Meeting Minutes
Tuesday 18th January 2022
Via Microsoft Teams**



Attendees			
	Aim 1 Core Group Members	Role	Network/Organisation
	Piyusha Kapila (PK)	Clinical Support	London/SEC
	Margot Carson (MC)	Manager	North West
	Jonathan Maiden	Data Quality Manager	North West
	Emma Savage (ES)	Manager	Yorkshire and Humber
	Name	Role	Network/Organisation
	Fedora-Chidi Udemezue	PDSN	East of England
	Heather Holland	PDSN	West Midlands
	Rachel Swindell	PDSN	East Midlands
	Jennifer Brunson* (JB) PDSN	Lead Nurse	
Apologies	Name	Role	Network/Organisation
	Rachel Swindell	PDSN	East Midlands
	Laura Chatfield	PDSN	SEC
	Heather Holland	PDSN	West Midlands
	Leah Brennan	Psychologist	London
	Gillian Purcell	Dietitian	Lead Dietitian
	Claire Baker	Dietitian	Wales
	Sally Rees	PDSN	Lead nurse
	Jenny Coupland	Dietitian	Yorkshire and Humber
	Yolanda Alins-Sahun	Consultant	South West
	Heather Gate	Dietitian	North East and North Cumbria
	Caroline McNicholas	Dietitian	North West
Agenda:	<p>Welcome and Introductions - All PK welcomed all to the group. Apologies as above.</p> <p>ES outlined the previous meetings discussion</p> <ul style="list-style-type: none"> •Existing education packages •Timeline of education – principles and components •Languages •Patient engagement of structured education •Linking patient education with technology <p>Service user survey questions – Examples</p>		



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The group agreed that a more specific survey around patient education was required to assist further project work for this sub group.

ES showed the draft questions to the group and asked for opinions. There was an depth discussion around questions needing to be asked in the survey in order to draw out the relevant answers from the patients and families. The below were discussed:

- Do you think the diabetes education topics are covered in enough depth?
- Have you completed education on the following? Carb counting etc
- Are you aware of where to seek help if needed post diagnosis?
- Do you feel you would have benefited from more education on the following topics? (Dropdown with list of key topics of education)

At diagnosis

- Were you offered any of the following at diagnosis? (Research study, technology)
- Would you like to be offered any of the following (Research study, technology)
- Is there anything else you feel is required in terms of education? (At various points)(Free text)
- Do you feel you were ready to learn at diagnosis?

Ongoing education

- By 3 months would you feel confident doing the following? (Dropdown with key education topics)
- Which of these do you feel should have been covered more in depth at diagnosis? (Dropdown with key education topics)
- At what point do you feel best to learn about carb counting education? (Dropdown box with options of various timeframes)
- Do you feel carb counting education should be revisited further down the line?

Shortly after the meeting ES drafted the survey and circulated to the group for comments.

- ❖ **All group members to comment on the patient education survey by 31st March**
<https://www.surveymonkey.co.uk/r/KW6B95S>



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Topics to consider: Example planner from SEREN and other team check lists

Name of child/young person:

Hospital no:

Date of diagnosis:

Name: Person being trained		Relationship to Child/young person:		
First 24 hours following diagnosis	Following admission to the children's ward following diagnosis with diabetes the ward nurses will start to teach you the essential things you need to be able to do before you go home. If your child/teenager is well; the aim is to get you home within 24 hours. The Children's Diabetes Team will meet you on the children's ward as soon as they can; Monday-Friday this is usually the same day. If you are sent home before you meet someone from the diabetes team you will receive a call on the morning of the next working day to confirm an appointment to meet a member of the team; this will usually be for the same day. The education programme is called SEREN. It includes 11 sessions/topics to be delivered over six weeks from diagnosis. Each family unit being trained will receive a set of activity/workbooks. You must have these available/bring them to every training session.			
	Topic	Date planned	Date completed	Other/comments
	Section 1: What is diabetes? Section 2: Insulin and diabetes			
	Section 3: Blood glucose monitoring Section 6: Hypoglycaemia			
	Section 5: Food and diabetes Section 8: Carbohydrate counting			
Week 2	Section 7: School and activities			School visit Date:
Week 3	Section 9: Insulin dose adjusting			1 st Diabetes Clinic Date: (Week 2-4)
Week 4				Review appointment Date:
Week 5	Section 4: Hyperglycaemia Section 10: Illness and diabetes			
Week 6	Section 11: Coping with diabetes Section 12: Summary checklists			
<small>Date SEREN structured education completed and documents uploaded to electronic records (Target 6 weeks following diagnosis)</small>				
				Contact Diabetes team: 01233 651802 ekh-tr.diabetes@nhs.net



JB showed an example timeline from East Kent and outlined the procedure to develop the planner. East Kent are a large team scattered across 5 sites so developing a standardised planner was essential in order to track patients. The team received feedback from users as to when best to provide which topics of diabetes education. All the education delivered is based on SEREN which is quality assured. There is a focus on wellbeing over the course of the 6-week programme. The team decided to incorporate a question around wellbeing/readiness to learn into the survey.

RS will share newly diagnosed checklist. RS and her team have a QI project ongoing around getting it right from the start.

- ❖ **ES will compare topics covered on checklists/timelines sent to the group and incorporate these into the survey.**

Actions

- ❖ **ES will compare topics covered on checklists/timelines sent to the group and incorporate these into the survey.**
- ❖ **All group members to comment on the patient education survey by 31st March**
<https://www.surveymonkey.co.uk/r/KW6B95S>

Date and time of

Time: 10:00 - 11:30
Date: 20th June and 8th November



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**next
Business
Meeting**

Venue: Virtually - via MStTeams